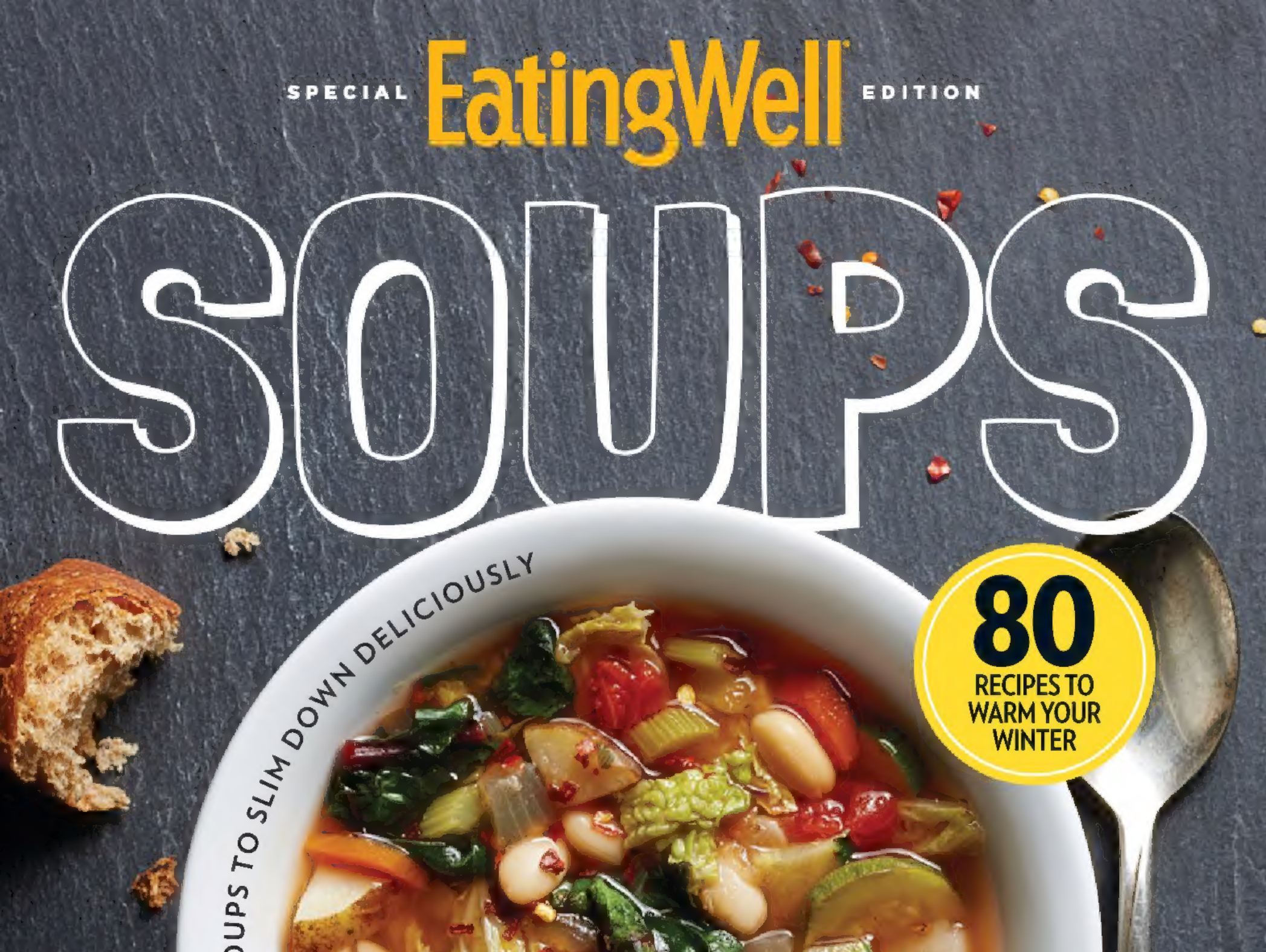
SPECIAL EatingWell EDITION

SOUPS

SOUPS TO SLIM DOWN DELICIOUSLY



80 RECIPES TO WARM YOUR WINTER

SLOW-COOKER SOUPS READY WHEN YOU ARE

Ribollita Soup (page 28)

Cheesy Toast Toppers, Inspired Salads & Instant Breadsticks

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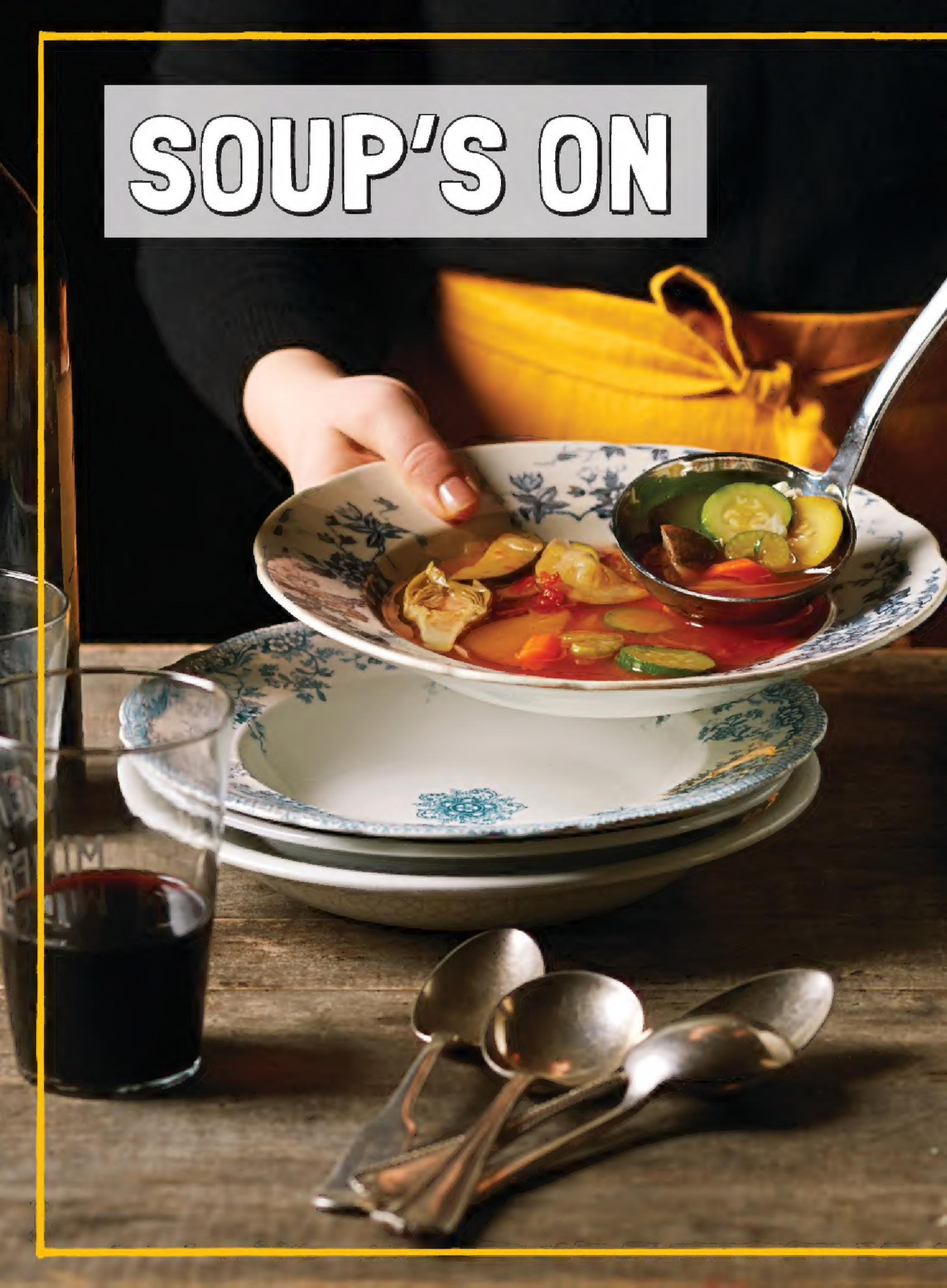
SOUP'S ON



IS THERE A MORE COMFORTING MEAL than a bowl of soup? Warming you from the inside out, soup tucks tons of healthy ingredients into a flavorful broth and brings them together a spoonful at a time. And when you're not feeling well? Chicken soup really does soothe your soul. But even more than that, soup is the ultimate *EatingWell* food. Here's why.

Just like salad, soup is an amazing vehicle for vegetables. (Check out "Get Your Veggies," on page 4, for proof.) Then add whole grains, beans or a little meat or chicken, and your soup becomes a model healthy meal.

Soups are also a dieter's secret weapon. With a high water content, they fill you up and keep you satisfied on fewer calories. In fact, studies show that people tend to consume the fewest calories on days when they eat soup.

Another perk: convenience! Soups are great make-ahead meals and often taste even better the following day. Most double easily and freeze well (see page 73 for freezer tips), so you can make enough to stash for those days when you don't feel like cooking. And plenty of soups do wonderfully in that ultimate convenience tool, the slow cooker (see page 16).

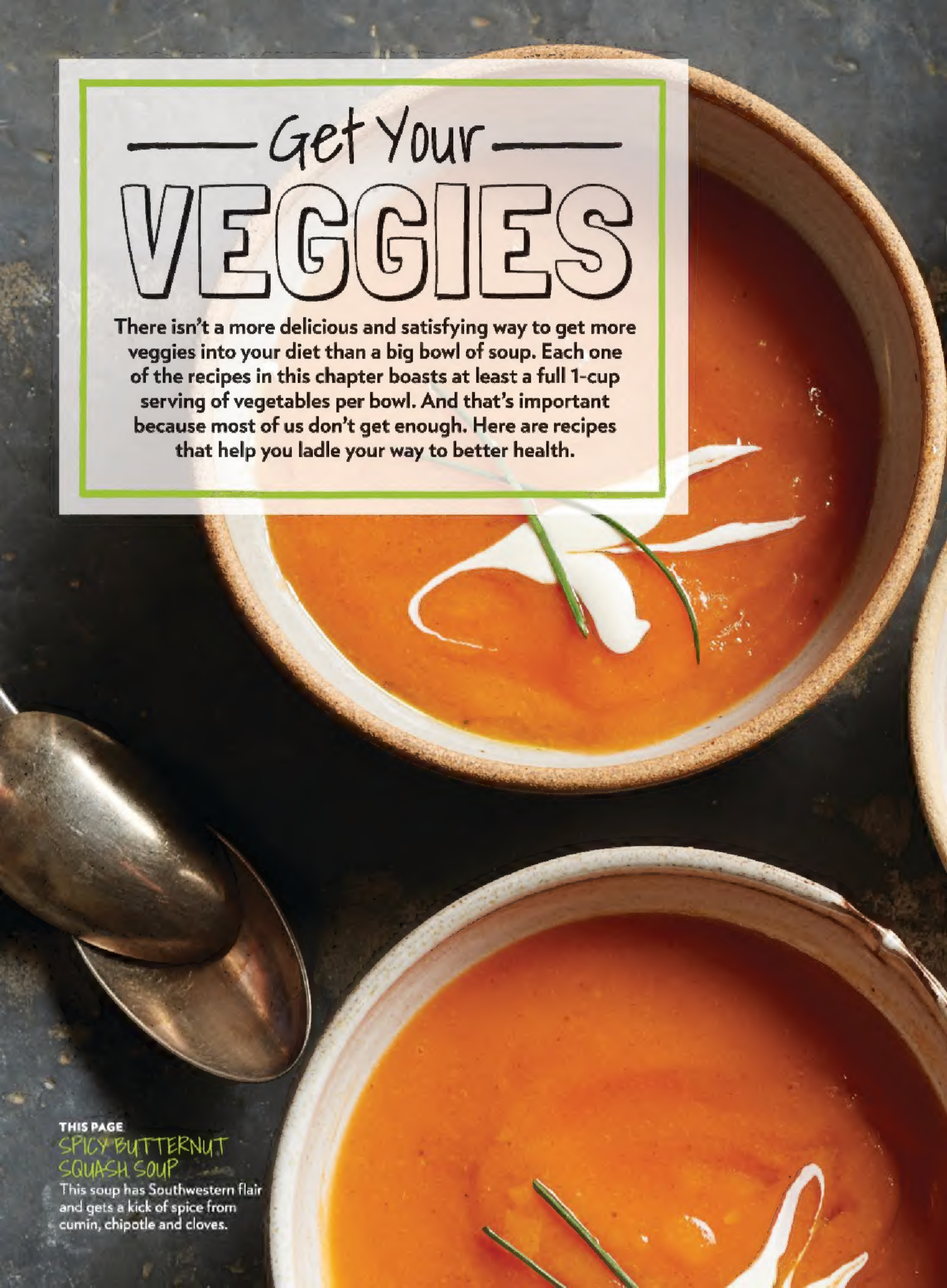
Don't worry, we didn't forget about accompaniments. You'll find some of our favorite side salads on page 58. If you're in the mood for bread, try the fancy cheese toasts (page 14) or quick, homemade breadsticks (page 76). If you want to get creative and look like a chef, turn to page 56 for our favorite soup toppers.

There's a recipe for everyone and every occasion in the pages that follow. So pull out your pot and get your soup on!

Breana Killeen, M.P.H., R.D.
Editor

Get Your VEGGIES

There isn't a more delicious and satisfying way to get more veggies into your diet than a big bowl of soup. Each one of the recipes in this chapter boasts at least a full 1-cup serving of vegetables per bowl. And that's important because most of us don't get enough. Here are recipes that help you ladle your way to better health.



THIS PAGE

SPICY BUTTERNUT SQUASH SOUP

This soup has Southwestern flair and gets a kick of spice from cumin, chipotle and cloves.

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GET YOUR VEGGIES

Spicy Butternut Squash Soup

(PHOTO: PAGE 4)

ACTIVE: 45 MIN **TOTAL:** 1 HR 20 MIN
TO MAKE AHEAD: Refrigerate for up to 3 days.

Other winter squash, such as buttercup, acorn, kabocha and kuri, are also delicious in this silky-smooth soup. (Adapted from Chef Jesús González of La Cocina Que Canta at Rancho La Puerta.)

- **1½ pounds (1 small to medium) butternut *or* other winter squash**
- **1 teaspoon canola oil**
- **2 stalks celery, chopped**
- **1 small onion, diced**
- **1 carrot, chopped**
- **1 teaspoon ground cumin**
- **¼-½ teaspoon ground chipotle chile (*see Tip*)**
- **⅛ teaspoon ground cloves**
- **6 cups low-sodium vegetable broth**
- **1 teaspoon sea salt**
- **¼ teaspoon ground pepper**
- **½ cup nonfat plain yogurt**
- **2 tablespoons snipped fresh chives *or* chopped parsley**

1. Preheat oven to 350°F.
2. Cut squash in half and seed. Place the halves on a baking sheet, cut-side down. Bake until tender when pierced with a knife, 45 minutes to 1 hour. Scoop out flesh when cool enough to handle.
3. Heat oil in a large saucepan over medium heat. Add celery, onion and carrot and stir to coat. Cover, reduce heat to medium-low and cook, stirring frequently, until soft, 8 to 10 minutes. Stir in the squash flesh, cumin, chipotle to taste and cloves. Add broth and simmer, covered, until the vegetables are very tender, 20 to 25 minutes.
4. Puree the soup with an immersion blender or a blender (in batches) until smooth. (Use caution when pureeing hot liquids.) Season with salt and pepper. Garnish with yogurt and chives (or parsley).
SERVES 6: ABOUT 1¼ CUPS EACH
Calories 76, Fat 1g (sat 0g), Cholesterol 0mg, Carbs 15g, Total sugars 6g (added 0g), Protein 2g, Fiber 4g, Sodium 364mg, Potassium 354mg.

Tip: *Chipotle peppers are dried, smoked jalapeño peppers. Ground chipotle can be found in the specialty-spice section of most supermarkets or online at* penzeys.com.

BUTTERNUT SQUASH **is rich in vitamin A, which promotes healthy vision.**

Sausage, Cabbage & Root Vegetable Soup

ACTIVE: 55 MIN **TOTAL:** 2 HRS
TO MAKE AHEAD: Refrigerate for up to 3 days.

Root vegetables, like the turnips, carrots and celery root in this French-peasant soup are rich in fiber and a good source of folate, a B vitamin needed to form healthy new cells.

- **2 tablespoons extra-virgin olive oil, divided**
- **1 pound Italian turkey sausage (mild *or* spicy), casings removed**
- **1 cup chopped onion**
- **3 cloves garlic, thinly sliced**
- **⅛ teaspoon salt**
- **Ground pepper to taste**
- **2 medium carrots, diced (½ inch)**
- **2 small turnips, peeled and diced (½ inch)**
- **1 medium celery root (celeriac), peeled and diced (½ inch)**
- **1 large Yukon Gold potato, peeled and diced (½ inch)**
- **10 cups very thinly sliced green cabbage (about ½ medium head)**
- **8 cups low-sodium chicken *or* vegetable broth**
- **¾ cup dry white wine**
- **1 cup chopped fresh tomato**
- **1 tablespoon chopped fresh rosemary**
- **1 tablespoon chopped fresh thyme**
- **½ cup grated Parmesan cheese**

1. Heat 1 tablespoon oil in a large pot over medium-high heat. Add sausage and cook, stirring frequently, until well browned, about 10 minutes. Remove with a slotted spoon to a paper towel to drain.
2. Reduce heat to medium and add the remaining 1 tablespoon oil, onion, garlic, salt and pepper; cook, stirring, until starting to soften, 2 to 3 minutes. Add carrots, turnips, celery root and potato and cook, stirring once or twice, until starting to get tender, 4 to 5 minutes. Add cabbage; cook until starting to wilt, about 2 minutes. Return the sausage to the pot and stir in broth, wine, tomato, rosemary and thyme. Increase heat to high and bring to a boil. Reduce heat to maintain a simmer, cover and cook for 1 hour.
3. Uncover and simmer for 15 minutes to reduce the broth and intensify the flavor. Add more pepper if desired. Top with Parmesan.
SERVES 8: ABOUT 1¾ CUPS EACH
Calories 315, Fat 11g (sat 3g), Cholesterol 47mg, Carbs 31g, Total sugars 8g (added 0g), Protein 21g, Fiber 6g, Sodium 664mg, Potassium 1,089mg.

Eat a BIG BOWL of soup! It's the DELICIOUS way to

CABBAGE is rich in isothiocyanates—compounds that bolster the body's natural detoxification systems.

get your vegetables.

GET YOUR VEGGIES

SPINACH
is packed with vitamin K, a nutrient that may reduce your risk of bone fractures.

Chicken & Spinach Soup with Fresh Pesto

ACTIVE: 30 MIN **TOTAL:** 30 MIN

This fragrant, Italian-flavored soup features a simple homemade basil pesto swirled in at the end to add a fresh herb flavor. If you are very pressed for time, you can substitute 3 to 4 tablespoons of a store-bought pesto. (Recipe by Nancy Baggett for EatingWell.)

- **2 teaspoons extra-virgin olive oil plus 1 tablespoon, divided**
- **½ cup diced red bell pepper *or* chopped carrot**
- **1 large boneless, skinless chicken breast (about 8 ounces), cut into quarters**
- **1 large clove garlic, minced**
- **5 cups low-sodium chicken broth**
- **1½ teaspoons dried marjoram**
- **6 ounces baby spinach, coarsely chopped**
- **1 15-ounce can cannellini beans *or* great northern beans, rinsed**
- **¼ cup grated Parmesan cheese**
- **⅓ cup lightly packed fresh basil leaves**
- **Ground pepper to taste**
- **¾ cup plain *or* herbed multigrain croutons for garnish (optional)**

1. Heat 2 teaspoons oil in a large saucepan or large pot over medium-high heat. Add bell pepper (or carrot) and chicken; cook, turning the chicken and stirring frequently, until the chicken begins to brown, 3 to 4 minutes. Add garlic and cook, stirring, for 1 minute more. Stir in broth and marjoram; bring to a boil over high heat. Reduce the heat and simmer, stirring occasionally, until the chicken is cooked through, about 5 minutes.

2. With a slotted spoon, transfer the chicken pieces to a clean cutting board to cool. Add spinach and beans to the pot and bring to a gentle boil. Cook for 5 minutes to blend the flavors.

3. Combine the remaining 1 tablespoon oil, Parmesan and basil in a food processor (a mini processor works well). Process until a coarse paste forms, adding a little water and scraping down the sides as necessary.

4. Cut the chicken into bite-size pieces. Stir the chicken and pesto into the pot. Season with pepper. Heat until hot. Garnish with croutons, if desired.

SERVES 5: ABOUT 1½ CUPS EACH
Calories 226, Fat 9g (sat 2g), Cholesterol 29mg, Carbs 18g, Total sugars 2g (added 0g), Protein 19g, Fiber 6g, Sodium 211mg, Potassium 525mg.

Winter Vegetable Dal

ACTIVE: 35 MIN **TOTAL:** 1 HR

This southern Indian–inspired vegetable dal is studded with cauliflower and butternut squash, making it a substantial meal.

- 2 tablespoons coconut oil *or* canola oil
- 1 teaspoon brown mustard seeds
- 1 teaspoon cumin seeds
- 12 fresh curry leaves (*see Tip*) *or* 1 large bay leaf
- 1 medium onion, finely chopped
- 1 serrano chile, finely diced
- 3 tablespoons finely chopped fresh ginger
- 4 medium cloves garlic, finely chopped
- 4½ cups water
- 1½ cups lentils, rinsed
- 1 14-ounce can "lite" coconut milk
- 1½ teaspoons salt
- 1 teaspoon ground turmeric
- 2½ cups cubed peeled butternut squash
- 2 cups cauliflower florets (1-inch)
- 1 large Yukon Gold potato (about 8 ounces), cut into ½-inch chunks
- 1 teaspoon garam masala
- 2 tablespoons lime juice

1. Heat oil over medium-high heat in a large pot. Add mustard seeds, cumin seeds and curry leaves (if using) and cook until the seeds begin to pop, about 20 seconds. Add onion, chile, ginger and garlic and cook, stirring occasionally, until the onion is starting to brown, about 5 minutes.

2. Add bay leaf (if using), water, lentils, coconut milk, salt and turmeric to the pot. Bring to a boil, stirring frequently to make sure the lentils don't stick to the bottom. Add squash, cauliflower and potato; return to a boil. Reduce heat to a simmer and cook, uncovered, stirring occasionally, until the vegetables are just tender when pierced with a fork, 20 to 25 minutes.

3. Remove from heat; stir in garam masala and lime juice.

SERVES 6: 1⅔ CUPS EACH

Calories 330, Fat 10g (sat 7g), Cholesterol 0mg, Carbs 48g, Total sugars 5g (added 0g), Protein 16g, Fiber 14g, Sodium 617mg, Potassium 928mg

Tip: *Find fresh curry leaves in the produce section (and sometimes in the freezer) at Asian markets and natural-foods stores. Any unused leaves can be frozen for up to 2 months.*

POTATOES
are rich in potassium, important in maintaining healthy blood pressure.

BROCCOLI STEMS
are a great source of fiber, which can help ward off chronic diseases like diabetes and heart disease.

use_don't compost_broccoli stems!

Green Curry Soup

ACTIVE: 1¼ HRS **TOTAL:** 1¼ HRS
TO MAKE AHEAD: Refrigerate for up to 3 days.

Aromatic green curry paste gives this soup a delicately spicy broth. It's loaded with green vegetables, which are cooked just enough to be tender but retain their freshness and distinct textures. Just the stems of broccoli go into the soup, so save the florets for another night. (Recipe by Anna Thomas for EatingWell.)

- **2 medium yellow onions**
- **2 tablespoons extra-virgin olive oil plus 2 teaspoons, divided**
- **½ teaspoon salt, divided**
- **2 tablespoons Thai green curry paste (*see Tip*)**
- **4-5 cups low-sodium vegetable broth, store-bought *or* homemade (*see page 90*)**
- **8 cups gently packed spinach (about 6 ounces), any tough stems trimmed, divided**
- **2 cups water**
- **2½ cups oyster *or* shiitake mushrooms (about 4 ounces), trimmed**
- **2 large cloves garlic, chopped**
- **1½ cups chopped green beans (1-inch pieces)**
- **1 cup thinly sliced peeled broccoli stems**
- **5 scallions, sliced**
- **1 tablespoon finely chopped lemongrass**
- **1 cup chopped fresh cilantro**
- **1 serrano chile, finely chopped**
- **2 tablespoons fresh lemon juice, or more to taste**

1. Quarter onions lengthwise, then thinly slice crosswise. Heat 2 tablespoons oil in a large pot over medium-high heat. Add the onions and ¼ teaspoon salt; cook, stirring frequently, until the onions are soft and beginning to brown, 6 to 8 minutes. Stir in green curry paste and cook, stirring, for 3 minutes. Stir in 4 cups broth; bring to a gentle simmer.
2. Meanwhile, coarsely chop 4 cups spinach. Combine the remaining 4 cups spinach with water in a blender; puree until the spinach is chopped to confetti. Cut mushrooms into ¼-inch strips.
3. Heat the remaining 2 teaspoons oil in a large skillet over medium heat. Add garlic and cook, stirring, until fragrant, about 30 seconds. Add the mushrooms and cook, stirring, until the liquid cooks away and the mushrooms begin to color, 4 to 6 minutes.
4. Stir the mushroom mixture and green beans into the pot; return to a simmer and cook for 5 minutes. Stir in broccoli stems, scallions and lemongrass; return to a simmer and cook for 3 minutes more. Stir in the chopped and pureed spinach, cilantro and a big pinch of serrano. Return to a simmer, cover and cook just long enough to wilt the spinach, about 1 minute. Add up to 1 cup additional broth if a thinner consistency is desired. Add lemon juice; taste and add more salt, serrano and/or lemon juice, if desired.

SERVES 6: ABOUT 1⅔ CUPS EACH
Calories 117, Fat 7g (sat 1g), Cholesterol 0mg, Carbs 13g, Total sugars 5g (added 0g), Protein 3g, Fiber 4g, Sodium 408mg, Potassium 375mg.

Tip: *Look for prepared green curry paste—a fiery mixture of green chiles and Thai seasonings—in the Asian section of large supermarkets. The heat and salt level can vary widely depending on brand. Be sure to taste as you go; if you like your curry very spicy, you can turn up the heat by using a little more fresh serrano chile.*

5 Reasons to Eat More Dark Leafy Greens

BUILD BETTER BONES
The dairy aisle isn't the only place to find calcium-rich foods; dark leafy greens, like kale, collards, bok choy, chard and mustard greens, are also a good source. Calcium is needed to build bones and teeth, as well as keep your muscles and nerves working.

SLASH DIABETES RISK
Dark leafy greens are high in beta carotene and alpha carotene, antioxidants in the carotenoids family. In a 2015 study, researchers tracked the diets of men and women for 10 years and found that those who had diets high in alpha and beta carotene had reduced risk for type 2 diabetes.

FEND OFF CANCER
Studies show that carotenoids, pigments in dark leafy greens, may lower your risk of head, neck, breast, stomach, skin and lung cancers. Researchers think carotenoids act as antioxidants in the body, helping fend off harmful free radicals. These greens are also rich in vitamin C, linked with reduced risk of head and neck cancers.

KEEP YOUR BRAIN YOUNG
People who ate 1 to 2 servings of dark leafy greens a day had mental abilities of those over a decade younger, per research presented at the American Society for Nutrition conference. Researchers think vitamin K plays a main role by helping create sphingolipids—special fats that are critical to brain function.

[illegible] POUNDS
Adding dark leafy greens, or any other veggie for that matter, to a meal results in eating fewer calories without increasing hunger, according to a study published in *Nutrition Reviews*. Their fiber and water content helps greens fill you up and keep you feeling full longer—which can help you lose weight and keep it off.

Spiced Cauliflower Soup

ACTIVE: 40 MIN **TOTAL:** 1¼ HRS

Toasted spices make this dish warm, rich and flavorful. You can deepen the color further by making it with a head of orange cauliflower, which is sometimes labeled "Cheddar."

- **¾ teaspoon cumin seed**
- **¾ teaspoon coriander seed**
- **½ teaspoon fennel seed**
- **1 tablespoon extra-virgin olive oil**
- **2 medium leeks, white and light green parts, halved and thinly sliced (about 2 cups; *see Tip, page 81*)**
- **2 cloves garlic, minced**
- **1 teaspoon minced *or* finely grated fresh ginger**
- **½ teaspoon salt**
- **Pinch of cayenne pepper**
- **1 medium head cauliflower (about 2 pounds), trimmed and broken into florets**
- **4 cups low-sodium vegetable *or* chicken broth**
- **½ cup low-fat milk, as needed**
- **½ lime**
- **¼ cup sliced almonds, toasted**
- **2 tablespoons chopped fresh chives *or* cilantro**

1. Combine cumin, coriander and fennel seeds in a small skillet over medium heat. Toast, shaking the pan frequently, until fragrant and beginning to darken, about 3 minutes. Let cool. Grind to a powder with a mortar and pestle or spice grinder.

2. Heat oil in a large pot over medium heat. Add leeks and cook, stirring frequently, until beginning to soften, 4 to 6 minutes. Add the ground spices, garlic, ginger, salt and cayenne. Stir to combine. Stir in cauliflower and cook, stirring, for 2 to 3 minutes. Add broth and bring to a gentle simmer. Partially cover, reduce heat to maintain a gentle simmer and cook until the cauliflower is tender, about 25 minutes.

3. Use a slotted spoon to remove about 1 cup of the cauliflower. Let cool slightly. Chop into small florets.

4. Puree the rest of the soup with an immersion blender or a blender (in batches) until smooth. (Use caution when pureeing hot liquids.) Return it to the pot and gently heat over medium-low heat, stirring in as much milk as needed for desired consistency. Add a squeeze of lime juice to taste. Serve garnished with the reserved florets, almonds and chives (or cilantro).

SERVES 4: ½ CUP EACH
Calories 150, Fat 7g (sat 1g), Cholesterol 2mg, Carbs 18g, Total sugars 7g (added 0g), Protein 5g, Fiber 5g, Sodium 481mg, Potassium 462mg.

Chipotle Albondigas Soup

ACTIVE: 1 HR **TOTAL:** 1 HR

TO MAKE AHEAD: Freeze uncooked meatballs (Step 2) for up to 3 months. Defrost before proceeding with Step 3.

Dandelion greens, like other dark leafy greens, can taste a little bitter on their own. Stirring them into flavorful soups, like this hearty Mexican soup with smoky chorizo sausage and chipotle chiles, helps tame their strong flavor.

- 4 cups low-sodium chicken or beef broth
- 4 cups water
- 2 limes, divided
- 4 ounces fresh chorizo, casing removed (1-2 links)
- ½ cup fine whole-grain cornmeal
- ½ cup finely chopped scallions
- ½ cup finely chopped fresh cilantro
- 1 large egg
- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- ¼ teaspoon ground pepper
- 1¼ pounds lean (90% or leaner) ground beef or bison
- 6 cups chopped dandelion greens or chard, tough stems removed
- 1 cup sliced carrots
- 1-2 chipotle chiles in adobo sauce, minced
- 1 cup corn kernels, fresh or frozen

1. Bring broth and water to a simmer in a large pot over medium heat.

2. Meanwhile, zest and juice 1 lime; reserve the juice. Break up chorizo in a large bowl. Mix in cornmeal, scallions, cilantro, egg, garlic, oregano, pepper and the lime zest. Add beef (or bison). Gently mix to combine (do not overmix). Using 1 tablespoon for each, make about 40 small meatballs.

3. Add greens, carrots and chipotle to taste to the simmering broth mixture, then add the meatballs. Simmer until the meatballs are cooked through and the vegetables are tender, 10 to 12 minutes. Stir in corn and cook until heated through, 1 to 2 minutes more. Stir in 2 tablespoons lime juice. Serve with lime wedges, if desired.

SERVES 6: ABOUT 2 CUPS EACH

Calories 371, Fat 18g (sat 7g), Cholesterol 108mg, Carbs 24g, Total sugars 4g (added 0g), Protein 30g, Fiber 4g, Sodium 425mg, Potassium 881mg.

Cheese Toasts 6 Ways

Soup's ultimate partner? Cheese toast. Start with a slice of toasted baguette and get creative with the toppings. Here are some of our favorite combinations. Don't worry, plain grilled cheese, we still love you—we just want to see other toasts too.

Tomato (2 slices) + Cheddar Cheese (1½ Tbsp)

Prosciutto (½ slice) + Arugula + Pecorino Cheese (1½ Tbsp)

Nutrition information on page 95.

Fig Jam (1 tsp) + Blue Cheese (1½ Tbsp) + Toasted Walnuts (2 halves)
Neufchâtel (1 Tbsp) + Smoked Salmon (½ oz) + Dill
Ricotta (1½ Tbsp) + Lemon Zest + Pepper
Goat Cheese (1½ Tbsp) + Rosemary + Honey (1 tsp)

SLOW-COOKER

Soups

A big pot of soup that simmers for hours is a joy to come home to after a long day. That's where the slow cooker—the ultimate soup-making machine—comes in. Load it up with ingredients that get better the longer they cook, like tough cuts of meat, beans and root vegetables, and get ready for the most deliciously convenient soups imaginable.

THIS PAGE

CHICKEN PHO

Star anise, clove, cinnamon and ginger perfume your whole kitchen and infuse this Vietnamese pho as it cooks in your crock pot.

Slow-Cooker Spanish Chickpea Soup
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Slow-Cooker Chicken Pho
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Chinese Pork & Vegetable Hot Pot
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Ethiopian-Spiced Chicken Stew
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Swedish Yellow Split Pea Soup with Ham
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Slow-Cooker Moroccan Lentil Soup
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Shiitake & Noodle Hot & Sour Soup
p. 24

Cooking beans can

take forever on the stovetop. But with the slow cooker you can **PUT THEM IN** and **FORGET THEM**...

Slow-Cooker Spanish Chickpea Soup (Cocido de Garbonzos)

ACTIVE: 30 MIN
SLOW-COOKER TIME: 4½ HRS ON HIGH
TO PREP AHEAD: Soak chickpeas up to 1 day ahead. Prep chicken. Prep potatoes, leek, carrots, celery and garlic. Prep ham and chorizo. Refrigerate separately.
TO MAKE AHEAD: Refrigerate soup for up to 3 days.
EQUIPMENT: 6-quart (or larger) slow cooker

Each region, family and restaurant in Spain has its own variation, but this version of cocido has enough meat to satisfy the carnivores and enough vegetables to keep it healthy. Ask for a 4-ounce slab of Serrano ham or prosciutto at your deli counter instead of buying slices.

- **1 pound dried chickpeas**
- **6 chicken drumsticks (about 2 pounds), skin removed**
- **1 4-ounce piece Serrano ham *or* prosciutto, cut into ½-inch cubes**
- **4 ounces Spanish-style chorizo, cut into ½-inch rounds**
- **8 baby red potatoes, scrubbed and halved**
- **1 large leek, white and light green parts, halved and thinly sliced *(see Tip, page 81)***
- **2 medium carrots, cut into ½-inch chunks**
- **2 stalks celery, chopped**
- **3 large cloves garlic, minced**
- **2 bay leaves**
- **1 tablespoon chopped fresh oregano**
- **1 tablespoon smoked paprika, preferably Pimentón de la Vera**
- **½ teaspoon saffron threads *or* ¼ teaspoon powdered saffron**
- **6 cups low-sodium chicken broth**
- **½ medium cabbage (about 1 pound), cored and cut into 8 wedges**
- **Ground pepper to taste**
- **½ cup chopped fresh parsley**

1. Soak chickpeas in enough cold water to cover them by 2 inches for at least 12 hours and up to 1 day.
2. Place chicken in a 6-quart (or larger) slow cooker. Drain the chickpeas and add along with ham (or prosciutto), chorizo, potatoes, leek, carrots, celery, garlic, bay leaves, oregano, paprika and saffron. Bring broth to a boil in a saucepan, then pour it into the slow cooker. Cover and cook on High for 4 hours.
3. Transfer the chicken to a clean cutting board. Nestle cabbage into the soup, cover and cook until it is tender, about 30 minutes. Discard the bay leaves. Remove the chicken from the bones and stir it back into the soup; season with pepper. Serve sprinkled with parsley.
SERVES 8: 2 CUPS EACH
Calories 472, Fat 15g (sat 4g), Cholesterol 99mg, Carbs 50g, Total sugars 10g (added 0g), Protein 38g, Fiber 13g, Sodium 735mg, Potassium 1,235mg.

Slow-Cooker Chicken Pho

(PHOTO: PAGE 16)
ACTIVE: 30 MIN
SLOW-COOKER TIME: 4½ HRS ON HIGH OR 8½ HRS ON LOW
TO PREP AHEAD: Combine seasonings with broth and prep chicken. Refrigerate separately.
EQUIPMENT: 5- to 6-quart slow cooker

A bowl of classic Vietnamese pho is only as good as its broth, which the masters of this dish typically simmer all day. For this slow-cooker variation, a 4-to 8-hour cooking time yields authentic-tasting results.

- **8 cups low-sodium chicken broth**
- **2 tablespoons light brown sugar**
- **2 tablespoons fish sauce**
- **10 whole star anise**
- **6 whole cloves**
- **1 2-inch piece fresh ginger, peeled and thinly sliced**
- **1 cinnamon stick**
- **2 bone-in chicken breasts (about 2½ pounds total), skin removed, trimmed**
- **6 ounces wide rice noodles**
- **6 cups chopped bok choy**

TOPPINGS

- **2 cups mung bean sprouts**
- **2 cups fresh basil leaves**
- **1 cup fresh mint leaves**
- **1 cup fresh cilantro leaves**
- **1 fresh Thai chile *or* serrano, thinly sliced**
- **1 lime, cut into 6 wedges**

1. Combine broth, brown sugar, fish sauce, star anise, cloves, ginger and cinnamon stick in a 5- to 6-quart slow cooker. Add chicken breasts, meat-side down. Cover and cook on High for 4 hours (or on Low for 8 hours).
2. Transfer the chicken to a cutting board. Remove spices and discard. Add noodles and bok choy to the slow cooker. Cover and cook on High for 30 minutes.
3. Remove the chicken from the bone and shred with two forks. When the noodles are tender, stir in the shredded chicken. Serve bowls of soup with bean sprouts, basil, mint, cilantro, sliced chile and lime wedges on the side so everyone can add their own toppings.
SERVES 6: ABOUT 2 CUPS EACH
Calories 352, Fat 6g (sat 2g), Cholesterol 75mg, Carbs 39g, Total sugars 7g (added 4g), Protein 38g, Fiber 3g, Sodium 594mg, Potassium 954mg.

Tip

Sesame seeds can be already toasted own in a small dr low hea until golden and fragrant, about 2 minutes.

Chinese Pork & Vegetable Hot Pot

ACTIVE: 40 MIN **SLOW-COOKER TIME:** 3-3½ HRS ON HIGH OR 5½-6 HRS ON LOW
TO PREP AHEAD: Trim and cube pork. Prep turnips and scallions. Combine measured liquids and seasonings. Refrigerate separately.
EQUIPMENT: 4-quart (or larger) slow cooker

Richly flavored Chinese red braises—named for the color of the sauce—traditionally cooked for a long time in clay pots, make warming winter meals that are easily adapted to a slow cooker. Pork shoulder seasoned with anise, cinnamon and ginger becomes meltingly tender during the slow braise. Serve over noodles or brown rice, with stir-fried napa cabbage.

- 2 cups baby carrots
- 2 medium white turnips (8 ounces total), peeled and cut into ¾-inch-wide wedges
- 2¼ pounds boneless pork shoulder (picnic *or* Boston butt), trimmed and cut into 1½-inch chunks
- 1 bunch scallions, sliced, white and green parts separated
- 1 14-ounce can reduced-sodium chicken broth
- ½ cup water
- ¼ cup reduced-sodium soy sauce
- 3 tablespoons Chinese rice wine (Shao Hsing) *or* dry sherry
- 4 teaspoons brown sugar
- 2 tablespoons minced fresh ginger
- 1 tablespoon rice vinegar
- 2-4 teaspoons chile-garlic sauce
- 4 cloves garlic, minced
- 1 whole star anise *or* 1 teaspoon aniseed
- 1 cinnamon stick
- 4 teaspoons cornstarch mixed with 2 tablespoons water
- 2 tablespoons toasted sesame seeds (*see Tip*) for garnish

1. Place carrots and turnips in the bottom and up the sides of a 4-quart or larger slow cooker. Top with pork and scallion whites. Bring broth, water, soy sauce, rice wine (or sherry), brown sugar, ginger, vinegar, chile-garlic sauce to taste and garlic to a simmer in a medium saucepan over medium-high heat. Pour over the pork and vegetables. Nestle star anise pod (or aniseed) and cinnamon stick into the stew. Cover and cook until the pork and vegetables are tender, 3 to 3½ hours on High or 5½ to 6 hours on Low.

2. Discard the star anise pod and cinnamon stick. Skim or blot any visible fat from the surface of the stew. Add the cornstarch mixture, cover and cook on High, stirring 2 or 3 times, until slightly thickened, 10 to 15 minutes. Serve sprinkled with scallion greens and sesame seeds.

SERVES 6: 1 GENEROUS CUP EACH
Calories 321, Fat 17g (sat 6g), Cholesterol 92mg, Carbs 14g, Total sugars 7g (added 3g), Protein 26g, Fiber 2g, Sodium 671mg, Potassium 629mg.

SLOW-COOKING brings tenderness to dark-meat chicken

Ethiopian-Spiced Chicken Stew

ACTIVE: 40 MIN **SLOW-COOKER TIME:** 5 HRS ON HIGH OR 7-8 HRS ON LOW
TO PREP AHEAD: Trim chicken, prep onions, garlic and ginger. Refrigerate separately.
EQUIPMENT: 5- to 6-quart slow cooker

In this slow-cooker take on the classic Ethiopian celebration dish Doro Wat, *lentils break down and meld with broth to create a thick sauce that's perfect for mopping up with some crusty bread or* injira, *the spongy crepe-like bread that's often served with food in this region.*

- **1½ cups red lentils, well rinsed**
- **2½ pounds boneless, skinless chicken thighs, trimmed**
- **1 tablespoon butter**
- **2 teaspoons extra-virgin olive oil**
- **4 cups chopped red onions**
- **5 cloves garlic, finely chopped**
- **1 tablespoon minced fresh ginger**
- **5 tablespoons berbere spice blend *(see Tip, right)***
- **½ cup red wine**
- **1 14-ounce can diced tomatoes**
- **2 cups reduced-sodium chicken broth**

1. Spread lentils in an even layer in a 5- to 6-quart slow cooker. Place chicken on top of the lentils.
2. Heat butter and oil in a large skillet over medium-high heat. Add onions and cook, stirring often, until soft and translucent, 4 to 6 minutes. Add garlic and ginger and cook, stirring often, until fragrant, 1 to 2 minutes. Add berbere and cook, stirring, until very fragrant, 2 to 4 minutes. Stir in wine, scraping the onion mixture from the bottom of the pan, then stir in tomatoes with their juice.
3. Add the onion mixture to the slow cooker on top of the chicken, then pour in broth.
4. Cover and cook until the chicken is falling-apart tender, 5 hours on High or 7 to 8 hours on Low. Stir the stew to combine.
SERVES 8: ABOUT 1¼ CUPS EACH
Calories 430, Fat 14g (sat 4g), Cholesterol 98mg, Carbs 35g, Total sugars 5g (added 0g), Protein 38g, Fiber 7g, Sodium 666mg, Potassium 725mg.

tip *Berbere spice blend, a staple in Ethiopian cooking, is a heady mix that usually includes garlic, fenugreek, allspice, red pepper, ginger, chiles, coriander, cinnamon and black pepper. Look for it in well-stocked supermarkets or at teenytinyspice.com. If you can't find it, use a mixture of 4 tablespoons garam masala, 1 tablespoon hot paprika, 1 teaspoon ground fenugreek and 1 teaspoon salt in this recipe.*

Swedish Yellow Split Pea Soup with Ham

ACTIVE: 25 MIN **SLOW-COOKER TIME:** 5 HRS ON HIGH OR 7-8 HRS ON LOW

TO PREP AHEAD: Prep split peas, onion, carrot, celery and ginger. Dice ham. Refrigerate separately.

EQUIPMENT: 5- to 6-quart slow cooker

Over the 5 to 8 hours of cooking time, the split peas break down just the right amount to create a creamy, almost-pureed texture.

- **3 cups yellow split peas (about 1½ pounds)**
- **4 cups reduced-sodium chicken broth**
- **4 cups water**
- **2 cups diced yellow onion**
- **1 cup diced carrot**
- **1 cup finely diced celery**
- **8 ounces ham steak, trimmed and diced**
- **1 tablespoon minced fresh ginger**
- **1 teaspoon dried marjoram**
- **Ground pepper to taste**

1. Place split peas in a medium bowl. Wash with cold water until the water runs clear; drain and spread in a 5- to 6-quart slow cooker.

2. Add broth, water, onion, carrot, celery, ham, ginger and marjoram to the slow cooker. Stir to combine.

3. Cover and cook for 5 hours on High or 7 to 8 hours on Low. Season with pepper.

SERVES 8: ABOUT 1½ CUPS EACH

Calories 338, Fat 3g (sat 1g), Cholesterol 16mg, Carbs 53g, Total sugars 9g (added 0g), Protein 27g, Fiber 20g, Sodium 691mg, Potassium 948mg.

Load & go with these
EASY SOUPS

Slow-Cooker Moroccan Lentil Soup

ACTIVE: 30 MIN **TOTAL:** 4½-5½ HRS ON HIGH OR 8½-10½ HRS ON LOW

TO PREP AHEAD: Prep onions, carrots, garlic and cauliflower. Combine spices. Refrigerate separately.

TO MAKE AHEAD: Stir in spinach (Step 3), refrigerate for up to 3 days or freeze for up to 6 months. Stir in cilantro and lemon juice just before serving.

EQUIPMENT: 5- to 6-quart slow cooker

A long cooking time allows the spices to work their way into the lentils and vegetables, creating a fragrant soup. If you make it ahead, the flavors will have more time to develop.

- **2 cups chopped onions**
- **2 cups chopped carrots**
- **4 cloves garlic, minced**
- **2 teaspoons extra-virgin olive oil**
- **1 teaspoon ground cumin**
- **1 teaspoon ground coriander**
- **1 teaspoon ground turmeric**
- **¼ teaspoon ground cinnamon**
- **¼ teaspoon ground pepper**
- **6 cups vegetable broth *or* reduced-sodium chicken broth**
- **2 cups water**
- **3 cups chopped cauliflower**
- **1¾ cups green *or* brown lentils**
- **1 28-ounce can diced tomatoes**
- **2 tablespoons tomato paste**
- **4 cups chopped fresh spinach *or* 10 ounces frozen chopped spinach, thawed**
- **½ cup chopped fresh cilantro**
- **2 tablespoons lemon juice**

1. Combine onions, carrots, garlic, oil, cumin, coriander, turmeric, cinnamon and pepper in a 5- to 6-quart slow cooker. Add broth, water, cauliflower, lentils, tomatoes and tomato paste and stir until well combined.

2. Cover and cook until the lentils are tender, 4 to 5 hours on High or 8 to 10 hours on Low.

3. Add spinach to the slow cooker. Stir, cover and cook on High for 30 minutes. Just before serving, stir in cilantro and lemon juice.

SERVES 12: ABOUT 1¼ CUPS EACH

Calories 153, Fat 2g (sat 0g), Cholesterol 0mg, Carbs 28g, Total sugars 7g (added 0g), Protein 9g, Fiber 10g, Sodium 200mg, Potassium 690mg.

Shiitake + Noodle Hot + Sour Soup

ACTIVE: 30 MIN **SLOW-COOKER TIME:** 4½ HRS ON HIGH OR 7½-8½ HRS ON LOW
TO PREP AHEAD: Prep mushrooms and vegetables; combine the liquids and ginger used in Step 2. Refrigerate separately.
EQUIPMENT: 6-quart (or larger) slow cooker

Dried mushrooms are rehydrated during the slow-cooking of this classic Chinese soup, giving the broth deep umami flavor. With the addition of cooked noodles at the end, it's a filling and satisfying vegetarian meal.

- 24 dried shiitake *or* black Chinese mushrooms (2-3 ounces)
- 2 carrots, cut into ½-by-2-inch sticks
- 2 8-ounce cans bamboo shoots, rinsed
- 2 14-ounce packages extra-firm water-packed tofu, drained and cut into ½-inch pieces
- 1 teaspoon ground white pepper
- 4 cups thinly sliced green cabbage
- 4⅓ cups water, divided
- 4 cups mushroom *or* vegetable broth
- ¼ cup white vinegar *or* rice vinegar
- ¼ cup red-wine vinegar
- ¼ cup reduced-sodium soy sauce, plus more to taste
- 1 tablespoon chile-garlic sauce, plus more to taste (*see Tip*)
- 1 tablespoon minced fresh ginger
- 3 tablespoons cornstarch
- 1 tablespoon toasted sesame oil
- 3 cups cooked lo mein noodles (about 6 ounces dry)
- 1 cup sliced scallions

1. Discard mushroom stems and cut the caps into ½-inch pieces. Spread the mushroom pieces in a 6-quart (or larger) slow cooker. Add carrots and bamboo shoots. Add tofu to slow cooker and sprinkle with white pepper. Top with cabbage.
2. Combine 4 cups water, broth, vinegars, soy sauce, chile-garlic sauce and ginger in a bowl; add to the slow cooker.
3. Cover and cook 4 hours on High or 7 to 8 hours on Low.
4. Whisk the remaining ⅓ cup water, cornstarch and sesame oil in a bowl. Stir into the soup. Cover and cook on High for 20 minutes. Stir in noodles, cover and cook for 10 minutes more. Serve topped with scallions and with more soy sauce and chile-garlic sauce, if desired.

SERVES 8: ABOUT 2 CUPS EACH
Calories 226, Fat 6g (sat 1g), Cholesterol 0mg, Carbs 32g, Total sugars 4g (added 0g), Protein 13g, Fiber 4g, Sodium 691mg, Potassium 449mg

tip

Slow-Cooker Smarts

PREP AHEAD

To make things even faster in the morning, get your ingredients ready the night before. Refrigerate meat, vegetables and liquids in separate containers, not in the slow-cooker insert. Starting with a cold insert keeps food from heating quickly, which can be a food-safety risk—and mess up your recipe.

DO THE MATH

If you're multiplying or dividing slow-cooker soup recipes, make sure you don't overfill the cooker. Check your manufacturer's suggestion. Most recommend keeping your slow cooker no more than three-quarters full.

CREATE BIG FLAVOR

If you have time, brown the meat and/or vegetables in a skillet before adding them to the cooker. Then "deglaze" the pan with liquid to get all the brown, caramelized bits from the sauté pan into the cooker. You'll end up with a richer flavor that can't be achieved by slow-cooking alone.

DON'T PEEK

Resist the urge to open the lid and look inside. Every time you open the slow cooker it loses heat and takes up to 30 minutes to return to temperature, significantly lengthening the cooking time.

FINISH FRESH

A sprinkle of fresh herbs or a drizzle of extra-virgin olive oil can add a pretty touch to a dish that's been cooking for a long time. Also consider a squeeze of citrus juice or a dash of your favorite hot sauce before serving—it can brighten up the flavor.

SLIMMING

Soups

Whether you're trying to shed a few pounds or just maintain your weight, soup should be a part of your plan. The broth in soup makes you feel full while adding minimal calories. And all the great stuff that goes into each pot—lots of vegetables, lean meats, beans—also helps in the battle to fend off hunger.

THIS PAGE

VEGETARIAN TORTILLA SOUP

This Mexican favorite is packed with filling vegetables, tofu and even chips yet clocks in at only 209 calories per serving, less than most lattes.

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Vegetarian Tortilla Soup

(PHOTO: PAGE 26)

ACTIVE: 1 HR **TOTAL:** 1½ HRS

Here we add a mixture of pureed chiles, onion and garlic to broth, creating a supremely flavorful base for our tortilla soup. (Recipe adapted from Rick Bayless.)

- **3 large dried pasilla (negro), ancho *or* New Mexico chiles (*see Tip*)**
- **1 15-ounce can diced tomatoes, preferably fire-roasted**
- **2 tablespoons canola oil *or* extra-virgin olive oil plus 2 teaspoons, divided**
- **1 medium white onion, sliced ¼ inch thick**
- **3 cloves garlic, peeled**
- **4 cups low-sodium vegetable broth *or* "no-chicken" broth**
- **4 cups water**
- **1 large sprig epazote (optional; *see Tip*)**
- **1 14-ounce package extra-firm tofu**
- **4 cups chopped chard, spinach *or* kale leaves**
- **¼-½ teaspoon salt**
- **1 large ripe avocado, cut into ¼-inch cubes**
- **2 cups roughly broken tortilla chips**
- **¾ cup shredded Mexican melting cheese, such as Chihuahua *or* asadero, *or* Monterey Jack *or* mild Cheddar (optional)**
- **1 large lime, cut into 6 wedges**

1. Holding chiles one at a time with metal tongs, quickly toast them by turning them an inch or two above an open flame for a few seconds until the aroma fills the kitchen. (*Alternatively, toast chiles in a dry pan over medium heat, pressing them flat for a few seconds then flipping them over and pressing again.*)
2. When cool enough to handle, stem and seed the chiles, break them into pieces and put them in a blender along with tomatoes and their juice. (A food processor will work, though it won't completely puree the chiles.)
3. Heat 2 tablespoons oil in a large pot over medium heat. Add onion and garlic and cook, stirring frequently, until golden, 6 to 9 minutes. Scoop up the onion and garlic with a slotted spoon and transfer to the blender with the tomato mixture. Process until smooth.
4. Return the pot to medium heat. When quite hot, add the puree and stir nearly constantly until thickened to the consistency of tomato paste, about 6 minutes. Add broth, water and epazote (if using). Bring to a boil, then adjust heat to maintain a simmer.
5. Drain tofu, rinse and pat dry; cut into ½- to ¾-inch cubes. Heat the remaining 2 teaspoons oil in a large nonstick skillet over medium heat. Add the tofu and cook in a single layer, stirring every 2 to 3 minutes, until beginning to brown, 6 to 8 minutes total. Add the tofu to the soup and simmer for 30 minutes.
6. Add chard (or spinach or kale) to the soup and season with salt to taste. Cook, stirring, until the greens are wilted, about 2 minutes.
7. Serve topped with avocado, tortilla chips, cheese (if using) and lime wedges.
SERVES 8: 1 GENEROUS CUP EACH
Calories 209, Fat 13g (sat 2g), Cholesterol 0mg, Carbs 18g, Total sugars 4g (added 0g), Protein 7g, Fiber 5g, Sodium 350mg, Potassium 400mg.

Tip: *Pasilla chiles, sometimes called negro chiles, are medium-hot dried peppers with a flavor that defines tortilla soup in central Mexico. Find them and other dried chiles in the produce section of large supermarkets or online at* melissas.com.

Tip: *Epazote, an herb used in Mexican cooking, has a pungent, distinctive flavor unlike any other herb. Look for it fresh at farmers' markets or find it dried at Latin markets or online from* melissas.com.

Ribollita Soup

ACTIVE: 1 HR **TOTAL:** 1¼ HRS

Ribollita, a traditional hearty Tuscan soup, typically uses day-old bread to add body and thicken the broth. Here we use a protein-rich bean mash, keeping the soup gluten-free and adding fiber. Garnish with extra-virgin olive oil or pepper and grated Parmesan, if desired.

- **1 14-ounce can no-salt-added whole peeled plum tomatoes**
- **2 15-ounce cans cannellini beans, rinsed, divided**
- **3 tablespoons extra-virgin olive oil, divided**
- **1 medium leek, white and light green parts only, halved lengthwise and sliced *(see Tip, page 81)***
- **¼ cup thinly sliced garlic**
- **½ teaspoon ground pepper, divided**
- **1 cup diced carrots**
- **1 cup diced celery**
- **1 cup diced zucchini**
- **¼ teaspoon kosher salt, divided**
- **1 bunch kale *or* chard, trimmed and cut into 2-inch-wide slices**
- **¼ head Savoy *or* green cabbage, cut into 1-inch cubes**
- **2 cups diced russet potatoes**
- **3 cups vegetable broth**
- **2 cups water**
- **½ teaspoon dried thyme**
- **1 bay leaf**
- **⅛ teaspoon celery seed**
- **Crushed red pepper to taste**

1. Drain tomatoes, reserving the liquid, and dice. Using a potato masher, mash half the beans into a paste (add a bit of broth, if desired, to make mashing the beans easier). Set the tomatoes and beans aside.
2. Heat 2 tablespoons oil in a large pot over medium heat. Add leek and garlic; cook, stirring, until translucent and tender, 2 to 3 minutes. Do not brown. Season with ⅛ teaspoon pepper. Stir in carrots, celery and zucchini and the remaining 1 tablespoon oil; cook, stirring, until nearly tender, 3 to 5 minutes. Season with ⅛ teaspoon each salt and pepper.
3. Stir in kale (or chard) and cabbage. Cover and cook, stirring occasionally, until wilted, 4 to 6 minutes. Add potatoes, broth, water, the diced tomatoes and their juice, the bean puree and whole beans, thyme and bay leaf. Bring to a simmer over medium heat. Season with celery seed, crushed red pepper and the remaining ¼ teaspoon pepper and the remaining ⅛ teaspoon salt. Cover and cook, stirring occasionally and reducing the heat as necessary to maintain a gentle simmer, until all the vegetables are tender, 15 to 20 minutes.
SERVES 8: ABOUT 1¾ CUPS EACH
Calories 195, Fat 6g (sat 1g), Cholesterol 0mg, Carbs 33g, Total sugars 5g (added 0g), Protein 8g, Fiber 10g, Sodium 530mg, Potassium 598mg.

FIBER-RICH BEANS in this Ribollita Soup help keep you feeling full until your next meal.

PROTEIN DOES DOUBLE DUTY on appetite control by helping reduce one hunger hormone and stimulate another, which helps you feel full. With eggs and tofu, this vegetarian soup delivers 16 grams of hunger-busting protein per serving.

Tofu & Vegetable Stew

ACTIVE: 40 MIN **TOTAL:** 40 MIN

A predominance of umami ingredients (tofu, miso, eggs, soy sauce) make this low-calorie, chunky vegetable stew wonderfully satisfying. Use firm silken tofu if you prefer a soft texture; opt for firm regular tofu for more chew.

- 1½ tablespoons canola oil
- 1 medium onion, chopped
- 1½ tablespoons grated *or* minced fresh ginger
- 4 cups thinly sliced napa cabbage
- 4 cups low-sodium vegetable broth
- ½ cup snipped dulse *or* arame seaweed (*see Tip*)
- 1 cup corn kernels, fresh *or* frozen
- 2 12- to 14-ounce packages firm tofu, silken *or* regular, drained if necessary, cut into ¼-inch cubes
- ¼ cup white miso (*see Tip*)
- 2 large eggs, beaten
- 4 scallions, chopped
- 2 tablespoons rice vinegar

1. Heat oil in a large pot over medium-high heat. Add onion and ginger; cook, stirring often, until fragrant, about 1 minute. Add cabbage; cook, stirring occasionally, until starting to wilt, 1 to 2 minutes.
2. Add broth and seaweed; bring to a boil. Reduce heat to medium and simmer for 5 minutes. Add corn, return to a simmer and cook for 2 minutes. Add tofu and cook until hot, about 3 minutes. Stir in miso and cook 1 minute more.
3. Drizzle eggs onto the surface of the stew and let simmer, undisturbed, until the eggs are just set, 1 to 2 minutes. Remove from the heat and add scallions and vinegar; gently stir to combine.

SERVES 5: ABOUT 2 CUPS EACH
Calories 239, Fat 11g (sat 2g), Cholesterol 74mg, Carbs 20g, Total sugars 8g (added 0g), Protein 16g, Fiber 4g, Sodium 731mg, Potassium 606mg.

Tip: *Dulse and arame (sometimes called sea vegetables) are two of the most common seaweeds used in Asian cooking. Look for them in Asian or natural food markets.*

Tip: *Miso is a fermented soybean paste made from soybeans, salt and grains (usually barley or rice). White or sweet miso (Shiro-miso), made with soy and rice, is yellow and milder in flavor. Red miso (Akamiso), made from barley or rice and soy is salty and tangy. Look for miso alongside refrigerated tofu. It keeps in the refrigerator for at least a year.*

Italian Egg-Drop Soup

ACTIVE: 25 MIN **TOTAL:** 25 MIN

Italian egg-drop soup, also known as Stracciatella, is traditionally a light soup made with just chicken broth, eggs and herbs. We add whole-grain pasta, chickpeas and arugula to make it heartier.

- 6 cups low-sodium chicken broth
- 2 cups water
- 1⅓ cups whole-wheat medium pasta shells *or* other small pasta (4 ounces)
- 1 7-ounce can chickpeas (⅔ cup), rinsed
- 1 bunch scallions, sliced, whites and greens divided
- Pinch of freshly grated nutmeg
- 3 cups chopped arugula, any tough stems removed
- 4 large eggs, lightly beaten
- Ground pepper to taste
- 2 tablespoons lemon juice
- 6 tablespoons freshly grated Parmesan cheese

1. Combine broth, water, pasta, chickpeas, scallion whites and nutmeg in a large pot; cover and bring to a boil over high heat. Uncover and boil for half as long as directed by the pasta package, 3 to 5 minutes.
2. Stir in arugula and cook until wilted, about 1 minute. Reduce heat to low. While stirring the soup constantly, slowly add eggs; cook for 2 minutes. (The cooked egg will look like feathery strands.) Season with pepper and stir in the scallion greens and lemon juice. Serve topped with Parmesan.

SERVES 6: ABOUT 1½ CUPS EACH
Calories 226, Fat 7g (sat 2g), Cholesterol 128mg, Carbs 29g, Total sugars 2g (added 0g), Protein 16g, Fiber 4g, Sodium 271mg, Potassium 420mg.

BOWL WISE

Your brain gets tricked into thinking you're eating more when you use smaller bowls.

A drizzle of egg turns to feathery WISPS in this soup.

Mushroom-Beef Noodle Soup

ACTIVE: 50 MIN **TOTAL:** 1¼ HRS
TO MAKE AHEAD: Prepare through Step 3 and refrigerate for up to 3 days; stir in noodles just before serving.

You don't need a lot of beef in this homey soup—mushrooms and a little Worcestershire give you plenty of savory flavor.

- ½ ounce dried porcini mushrooms
- 1 cup boiling water
- 2 teaspoons canola oil
- 1½ cups chopped celery
- 1½ cups chopped carrots
- 3 cloves garlic, minced
- 1 pound cremini mushrooms, chopped
- 1½ cups chopped onion
- 1 pound boneless sirloin *or* flank steak, trimmed, cut into ½-inch cubes
- 2 tablespoons tomato paste
- ½ cup red wine
- 1 tablespoon Worcestershire sauce
- 6 cups reduced-sodium beef broth
- 1 large turnip, peeled and cut into ¼-inch dice
- 1 bay leaf
- ½ teaspoon dried thyme
- ½ teaspoon ground pepper
- ¼ teaspoon salt
- 2 cups whole-wheat egg noodles, cooked
- ½ cup chopped fresh parsley *or* dill for garnish

1. Place porcini in a bowl; add boiling water and soak for 10 minutes to soften. Line a sieve with cheesecloth or a paper towel, place over a bowl and strain, reserving the liquid; finely chop the porcini and set aside.
2. Heat oil in a large pot over medium heat. Cook celery, carrots and garlic, stirring frequently, until softened, 6 to 8 minutes. Transfer to a bowl. Add cremini mushrooms and onion; cook over medium-high heat, stirring, until browned, 8 to 10 minutes. Transfer to the bowl.
3. Add steak to the pot and cook on medium-high, stirring occasionally, until beginning to brown, 3 to 5 minutes; add tomato paste and cook, stirring, for 30 seconds. Add wine and Worcestershire and cook until the sauce thickens slightly, about 30 seconds. Stir in the porcini and liquid, reserved vegetables, broth, turnip, bay leaf, thyme, pepper and salt; cover and bring to a boil. Reduce heat and simmer, covered, until the vegetables are tender, 25 to 30 minutes.
4. Discard the bay leaf. Stir in noodles. Garnish with herbs, if desired.
SERVES 8: ABOUT 1⅔ CUPS EACH
Calories 200, Fat 4g (sat 1g), Cholesterol 33mg, Carbs 21g, Total sugars 7g (added 0g), Protein 17g, Fiber 4g, Sodium 535mg, Potassium 781mg.

Leek, Potato & Spinach Stew

ACTIVE: 35 MIN **TOTAL:** 35 MIN

Just a touch of sausage along with tons of vegetables makes this soup a complete meal. This recipe calls for leeks, potatoes, garlic and spinach but you can vary the ingredients according to what's fresh at the farmers' market.

- 1 tablespoon extra-virgin olive oil
- 2 links hot Italian turkey sausage (6-7 ounces), casings removed
- 2 cups chopped leeks (about 2 leeks), white and light green parts only, rinsed well *(see Tip, page 81)*
- 4 cloves garlic, thinly sliced
- ⅛ teaspoon salt
- 1 cup dry white wine
- 1 pound new *or* small potatoes, halved and thinly sliced
- 4 cups reduced-sodium chicken broth
- 8 ounces spinach, stemmed and chopped (about 8 cups)
- 1 bunch scallions, sliced
- 1 15-ounce can cannellini beans, preferably no-salt-added, rinsed
- ½ cup chopped fresh herbs, such as dill, chervil, chives *and/or* parsley

Heat oil in a large pot over medium heat. Add sausage and leeks and cook, stirring occasionally and crumbling the sausage with a wooden spoon, until the leeks are tender, about 5 minutes. Add garlic and salt and stir until fragrant, about 20 seconds. Add wine, cover and bring to a boil over high heat. Uncover and cook until the wine is almost evaporated, about 4 minutes. Add potatoes and broth; cover and bring to a boil. Stir in spinach and scallions and cook, covered, until the potatoes are tender, about 5 minutes. Remove from the heat and stir in beans. Cover and let stand for 1 minute. Serve sprinkled with herbs.
SERVES 6: ABOUT 1½ CUPS EACH
Calories 241, Fat 5g (sat 1g), Cholesterol 21mg, Carbs 32g, Total sugars 4g (added 0g), Protein 15g, Fiber 7g, Sodium 775mg, Potassium 1,059mg.

SLIMMING SOUPS

Filling up on **BROTH-BASED** soup can help keep you from overdoing it on high-calorie fare later

Quinoa Mushroom Soup

ACTIVE: 40 MIN **TOTAL:** 1 HR

A bit reminiscent of old-fashioned mushroom-barley, this soup gets a modern update with protein-packed quinoa. A mix of fresh cultivated and dried wild mushrooms boosts the savory flavor.

- ½ ounce dried porcini mushrooms
- 1 cup boiling water
- 1 tablespoon extra-virgin olive oil plus 2 teaspoons, divided
- 12 ounces mixed mushrooms (shiitake, oyster, cremini), thinly sliced
- ¼ teaspoon ground pepper, plus more to taste
- ¼ cup dry sherry *or* dry vermouth
- 1 large onion, finely chopped
- 2 stalks celery, chopped
- 1 large carrot, halved lengthwise and thinly sliced
- ½ small red bell pepper, chopped
- 4 cups mushroom broth *or* low-sodium chicken broth
- ¾ cup canned no-salt-added crushed tomatoes *or* tomato puree
- ½ cup quinoa
- 1 tablespoon dried marjoram *or* oregano
- 1 bay leaf
- 2 teaspoons reduced-sodium soy sauce (optional)

1. Combine porcini and boiling water in a small bowl, cover with a plate and set aside for 20 minutes.

2. Meanwhile, heat 1 tablespoon oil in a large pot over medium-high heat. Add fresh mushrooms, sprinkle with pepper, and cook without stirring for 2 minutes. Stir and continue to cook, stirring once or twice, until the mushrooms have given off their liquid and are well browned, about 4 minutes more. Add sherry (or vermouth) and cook, stirring, for 1 minute.

3. Add the remaining 2 teaspoons oil to the pot. Add onion, celery, carrot and bell pepper and cook, stirring frequently, until the onion is tender and translucent, about 4 minutes.

4. Meanwhile, line a sieve with a paper towel, place over a bowl and strain the porcini; reserve the liquid. Chop the porcini and add to the pot along with the strained liquid. Add broth, tomatoes, quinoa, marjoram (or oregano) and bay leaf; bring to a boil. Reduce heat to a simmer, cover and cook for 20 minutes. Remove from heat, stir in soy sauce (if using) and season with pepper.

SERVES 4: 2 CUPS EACH

Calories 227, Fat 8g (sat 1g), Cholesterol 0mg, Carbs 30g, Total sugars 7g (added 0g), Protein 8g, Fiber 6g, Sodium 572mg, Potassium 773mg.

WITH 2 FULL SERVINGS OF VEGETABLES, **this soup fills you up for only 161 calories per bowl.**

Veggistrone

ACTIVE: 1 HR **TOTAL:** 1¾ HRS

TO MAKE AHEAD: Prepare through Step 2 and refrigerate for up to 5 days or freeze for up to 6 months; finish Step 3 just before serving.

If you need a bit more protein or calories, think of this recipe as a starting point for other healthy soup variations, too: toss in leftover chopped cooked chicken or whole-wheat pasta or brown rice.

- **2 tablespoons extra-virgin olive oil**
- **2 cups chopped onions (2 medium)**
- **2 cups chopped celery (4 medium stalks)**
- **1 cup chopped green bell pepper (1 medium)**
- **4 cloves garlic, minced**
- **3 cups chopped cabbage**
- **3 cups chopped cauliflower (about ½ medium)**
- **2 cups chopped carrots (4 medium)**
- **2 cups green beans, cut into 1-inch pieces, or frozen, thawed**
- **8 cups low-sodium vegetable broth *or* chicken broth**
- **2 cups water**
- **1 15-ounce can tomato sauce**
- **1 14-ounce can diced tomatoes**
- **1 15-ounce can kidney *or* pinto beans, rinsed**
- **1 bay leaf**
- **4 cups chopped fresh spinach *or* one 10-ounce package frozen chopped spinach, thawed**
- **½ cup thinly sliced fresh basil**
- **10 tablespoons freshly grated Parmesan cheese**

1. Heat oil in a large pot over medium heat. Add onions, celery, bell pepper and garlic; cook, stirring frequently, until softened, 13 to 15 minutes. Add cabbage, cauliflower, carrots and green beans; cook, stirring occasionally, until slightly softened, about 10 minutes more.

2. Add broth, water, tomato sauce, tomatoes, beans and bay leaf; cover and bring to a boil. Reduce heat and simmer, partially covered, until the vegetables are tender, 20 to 25 minutes. Stir in spinach and simmer for 10 minutes more.

3. Discard the bay leaf. Stir in basil. Serve topped with Parmesan.

SERVES 10: 2 CUPS EACH

Calories 161, Fat 5g (sat 1g), Cholesterol 4mg, Carbs 25g, Total sugars 9g (added 0g), Protein 7g, Fiber 8g, Sodium 591mg, Potassium 727mg.

Very Green Lentil Soup

ACTIVE: 1 HR 5 MIN **TOTAL:** 1 HR 20 MIN
TO MAKE AHEAD: Refrigerate for up to 3 days.

Both French green lentils and the more commonly available brown lentils are delicious in this cumin-and-coriander-spiced soup. Green lentils will hold their shape, while brown will start to break down a bit. (Recipe by Anna Thomas for EatingWell.)

- **2 tablespoons extra-virgin olive oil, plus more for garnish**
- **2 large yellow onions, chopped**
- **1¼ teaspoons salt, divided**
- **2 tablespoons water plus 4 cups, divided**
- **1 cup French green (Le Puy) *or* brown lentils**
- **8 large green chard leaves**
- **1 medium Yukon Gold potato, scrubbed**
- **12 cups gently packed spinach (about 10 ounces), any tough stems trimmed**
- **4 scallions, cut into 1-inch pieces**
- **5 cups low-sodium vegetable broth**
- **2 cups chopped broccoli**
- **1 tablespoon cumin seeds, lightly toasted and ground (*see Tip*)**
- **½ teaspoon ground coriander**
- **1 cup chopped fresh cilantro**
- **2 tablespoons chopped fresh mint**
- **½ jalapeño pepper, minced**
- **Ground pepper to taste**
- **1 tablespoon fresh lemon juice, or more to taste**
- **Crumbled feta cheese for garnish**

1. Heat 2 tablespoons oil in a large skillet over high heat. Add onions and ¼ teaspoon salt; cook, stirring frequently, until the onions begin to brown, about 5 minutes. Reduce the heat to low, add 2 tablespoons water and cover. Cook, stirring frequently until the pan cools down, and then occasionally, always covering the pan again, until the onions are a deep caramel color, 25 to 35 minutes.

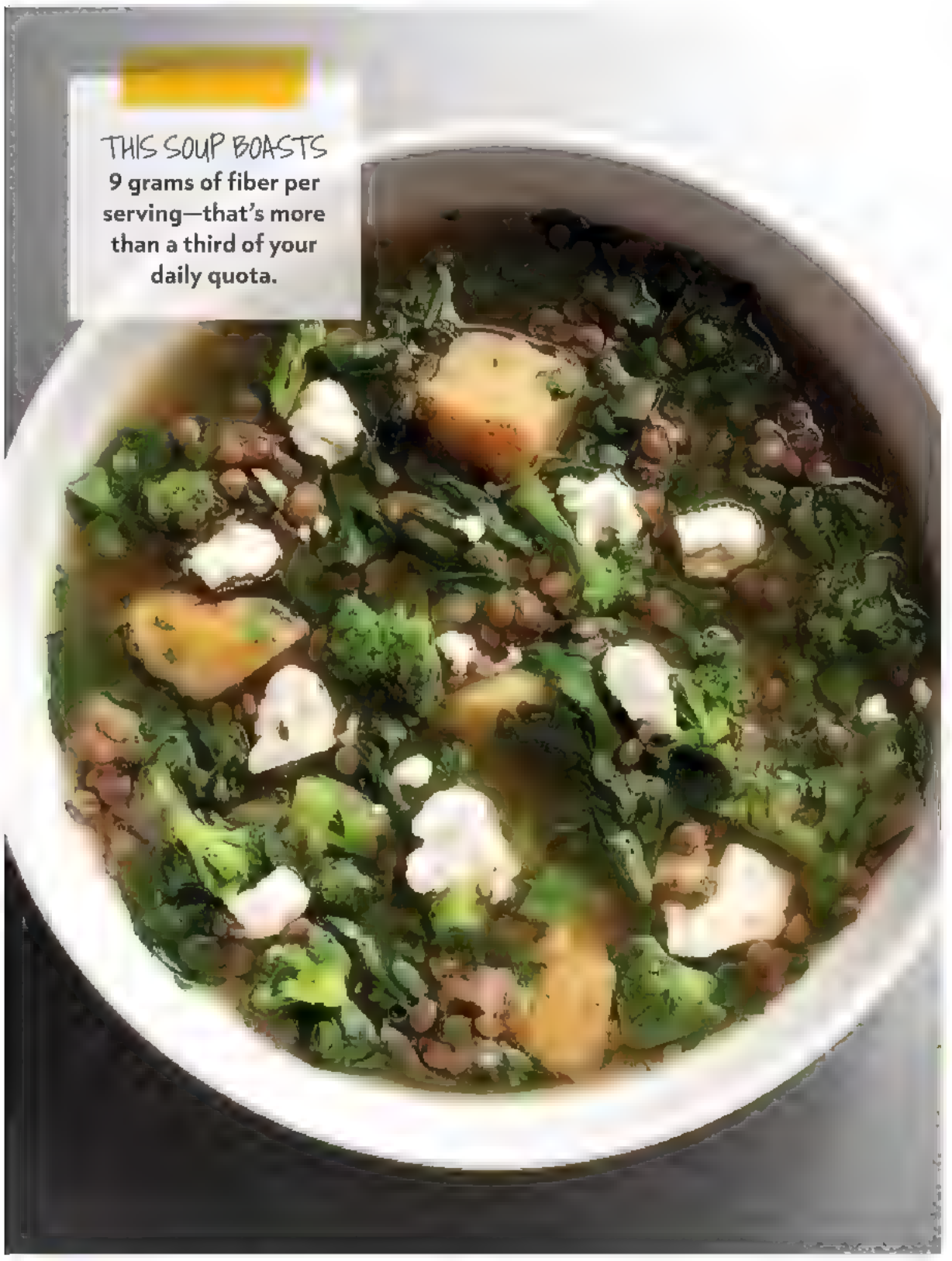
2. Meanwhile, rinse lentils and pick out any small stones; combine the lentils with the remaining 4 cups water in a large pot. Bring to a boil. Reduce heat to maintain a simmer, cover and cook for 20 minutes. Trim the white ribs out of the chard; chop the greens and slice the ribs (keep in separate piles). Cut potato into ½-inch dice. Chop spinach; set aside.

3. When the lentils have cooked for 20 minutes, stir in the chard ribs, potato, scallions, broth and the remaining 1 teaspoon salt; return to a gentle simmer. Cover and cook for 15 minutes.

4. Stir in the chard leaves, broccoli, cumin and coriander. When the onions are caramelized, stir a little of the simmering liquid into them; add them to the soup. Return to a simmer, cover and cook 5 minutes more. Stir in the reserved spinach, cilantro, mint, jalapeño and pepper; return to a simmer, cover and cook until the spinach is tender but still bright green, about 5 minutes more. Stir in 1 tablespoon lemon juice. Taste and add more lemon juice and/or pepper, if desired. Serve with a drizzle of olive oil and crumbled feta cheese.

SERVES 8: ABOUT 1⅔ CUPS EACH
Calories 181, Fat 4g (sat 1g), Cholesterol 0mg, Carbs 29g, Total sugars 5g (added 0g), Protein 9g, Fiber 9g, Sodium 535mg, Potassium 793mg.

Tip: *Toasting spices before grinding intensifies their flavor. Toast cumin seeds in a dry skillet over medium heat until fragrant, 1 to 2 minutes. Cool, then grind in a spice mill, blender or clean coffee grinder. No grinder? Use an equal amount of ground cumin.*



THIS SOUP BOASTS
9 grams of fiber per serving—that's more than a third of your daily quota.

EatingWell

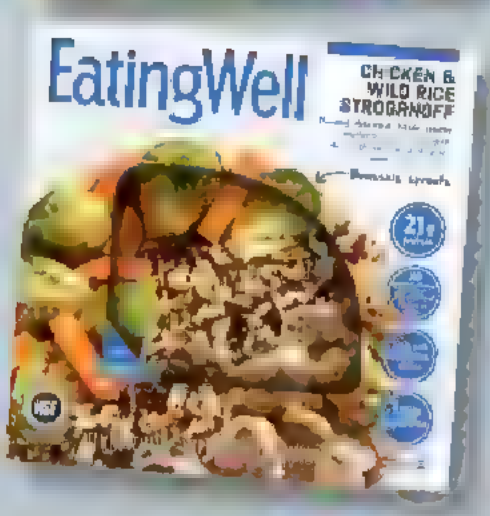
FROZEN ENTRÉES

FIND US IN THE FREEZER AISLE

See for yourself what makes EatingWell taste better!

Made with a secret ingredient, whose origins and goodness from farm to table are as delicious as they are nutritious. We even added it to our frozen entrées and soups.

Better Food. See For Yourself at EatingWell.com/frozenfoods



Changeable Chicken Soup

Making chicken soup is an essential cooking skill. This master recipe teaches you the basics and gives you plenty of ideas for making this most comforting soup your own.

1 Lay the base

The best soups start with a combination of aromatic vegetables cooked in oil to bring out their flavor. To start, heat **2 Tbsp. extra-virgin olive oil** in a large pot over medium heat; add **1 cup chopped onion** and **2 large minced garlic cloves.** Cook, stirring, until softened, 2 to 3 minutes. Add **2 to 4 tsp. seasonings.** Cook, stirring, 1 to 2 minutes more.

SEASONINGS

Dried	Ground	Minced
bay leaf	allspice	chipotle chiles in adobo
marjoram	cayenne	ginger
oregano	chili powder	lemongrass
rosemary	chipotle	
sage	cinnamon	
thyme	coriander	
	cumin	
	curry powder	
	paprika	

2 Hack "homemade" broth

Save time by using boxed or canned broth (look for low-sodium options with about 150 mg sodium per cup). Make it taste like homemade stock by cooking the chicken for the soup in the broth before adding other ingredients. Pour **8 cups low-sodium chicken broth** into the pot with the seasonings. Add **2 lb. bone-in chicken breasts** (without skin); simmer until cooked through (165°F on an instant-read thermometer), 20 to 22 minutes. While it cooks, skim any foam from the surface to keep the broth clear. Transfer the chicken to a clean cutting board to cool; shred or chop into bite-size pieces.

3 Load it with vegetables

A bowl of soup can be a great way to help you get more vegetables into your day. Add **6 to 8 cups vegetables** to the broth after you take out the chicken. Return to a simmer and cook until the vegetables are tender, 4 to 10 minutes.

VEGETABLES (fresh or frozen, thawed)

Diced
bell pepper
celery root
potato
rutabaga
sweet potato
turnip
winter squash

Chopped
broccoli
broccolini
cauliflower
chard
collards
green beans
kale
spinach
tomatoes

Sliced
cabbage
carrots
celery
fennel
mushrooms
yellow squash
zucchini

Whole
corn kernels
shelled peas

4 Bump up fiber

Add **3 cups cooked whole grains** or **1½ cups cooked beans** (or one 15-oz. can rinsed beans) to the pot. Stir in the chicken, **1¼ tsp. salt** and **½ tsp. pepper.** Cook until heated through.

PASTA / GRAINS / BEANS

Whole-wheat	Grains	Beans
egg noodles	barley	black beans
fusilli	brown rice	cannellini
macaroni	couscous	chickpeas
orzo	farro	kidney beans
spaghetti	freekeh	navy beans
wagon wheels	millet	
	quinoa	
	wheat berries	

5 Go for big flavor

Just before serving, add one more layer of flavor. Add a pop of freshness with something as simple as chopped parsley or a squeeze of lime. Or for a more complex finish, stir in some pesto or chile-garlic sauce.

FLAVOR BOOST

Fresh herbs (1-3 Tbsp.)	Herb sauces (2-4 Tbsp.)	Acid (1-3 Tbsp.)
basil	chimichurri	lemon juice
chives	pesto	lime juice
cilantro	salsa verde	vinegar
dill		
mint	**Hot sauces (1-3 tsp.)**	**Umami (1-3 Tbsp.)**
parsley	chile-garlic sauce	fish sauce
tarragon	curry paste	miso
	harissa	reduced-sodium soy sauce or tamari
	sriracha	

Start with classic chicken

CLASSIC
SEASONINGS: 1 tsp. dried thyme, 1 bay leaf
VEGETABLES: 2 cups each sliced celery, sliced carrots and frozen peas
GRAINS: 3 cups cooked whole-wheat egg noodles
FLAVOR BOOST: ¼ cup chopped fresh parsley

soup, then get **CREATIVE** with variations (see next page)

Chicken Soup 5 Ways SPICE IT UP with these FLAVORS from around the world

CHIPOTLE CHICKEN VEGETABLE

SEASONINGS: 2 tsp. finely chopped chipotle chiles in adobo (or 1 tsp. ground chipotle), 1½ tsp. ground cumin, ¼ tsp. ground allspice
VEGETABLES: 3 cups corn kernels, 2 cups sliced zucchini, 2 cups halved cherry tomatoes
GRAINS: 3 cups cooked brown rice
FLAVOR BOOST: 2 to 3 Tbsp. lime juice

Make-Ahead Tip

Store cooked noodles or grains separately from the rest of the soup and add them just before serving. They'll absorb too much broth if stored in the soup.

CLASSIC
(previous page)

Prep Info

ACTIVE: 40 MINUTES
TOTAL: ABOUT 1 HOUR
SERVES 8: 1½-1¾ CUPS EACH

For nutrition analysis, see recipe index on page 94.

SWEET POTATO

SEASONINGS: 1½ tsp. ground **cumin**, ½ tsp. ground **cinnamon**, ¼ tsp. **cayenne**
VEGETABLES: 3 cups diced **sweet potato**, 2 cups diced **red bell pepper**, 2 cups **green beans** (1-inch pieces)
BEANS: 15-oz. can **chickpeas**, rinsed
FLAVOR BOOST: 1 tsp. **harissa**, or to taste

JAPANESE CHICKEN NOODLE

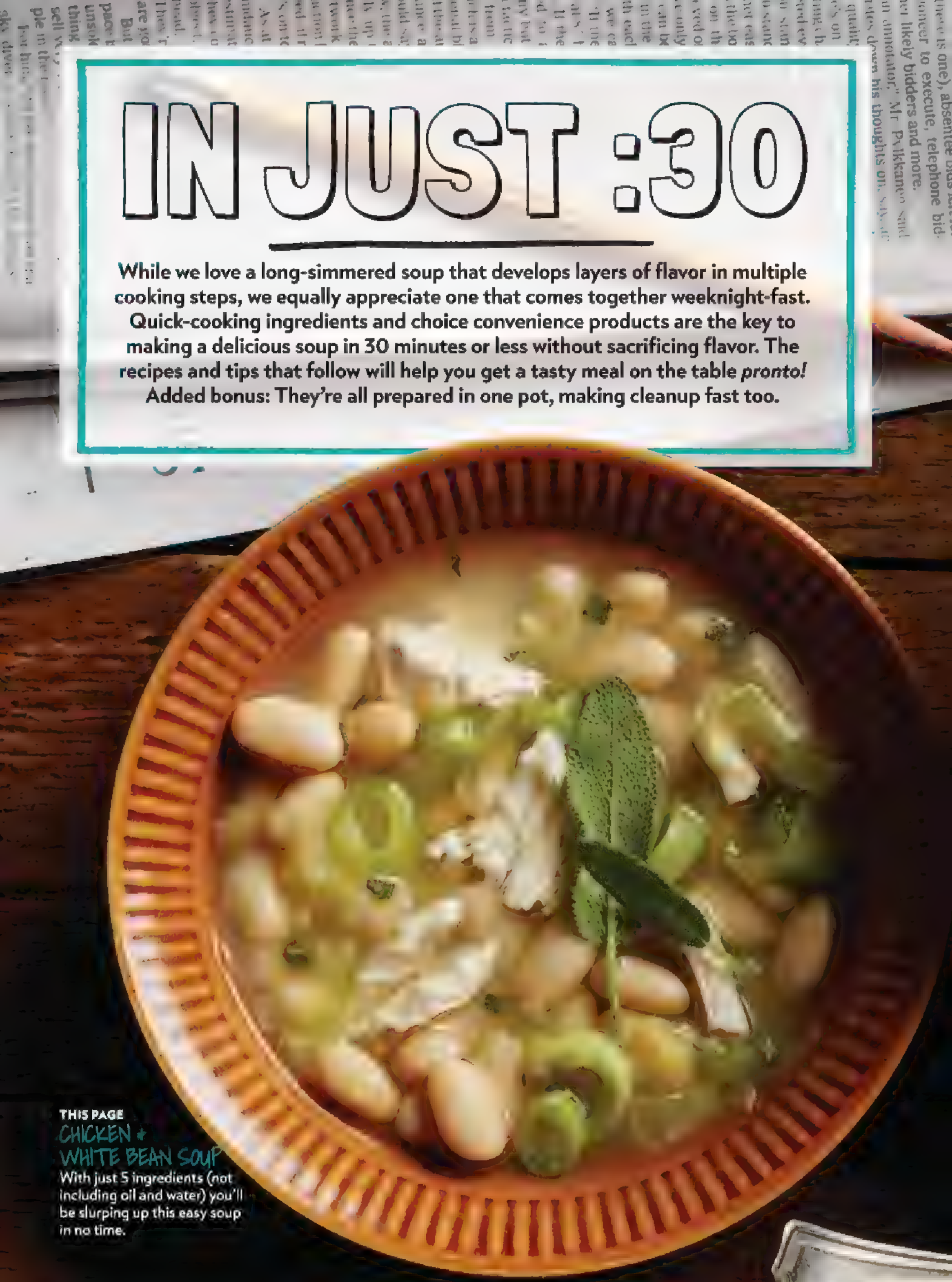
SEASONING: 1 Tbsp. minced fresh **ginger**
VEGETABLES: 3 cups sliced **green cabbage**, 2 cups sliced **shiitake mushroom caps**, 2 cups thinly sliced **carrots**
GRAINS: 3 cups cooked **udon noodles** (or whole-wheat spaghetti)
FLAVOR BOOST: 2 Tbsp. **white miso**

PESTO CHICKEN + CANNELLINI BEAN

SEASONINGS: 1 tsp. dried **marjoram**, 1 tsp. dried **oregano**
VEGETABLES: 3 cups sliced **fennel**, 3 cups chopped **broccolini** (1-inch pieces), 2 cups chopped fresh **tomatoes**
BEANS: 15-oz. can **cannellini beans**, rinsed
FLAVOR BOOST: ¼ cup **pesto**

IN JUST :30

While we love a long-simmered soup that develops layers of flavor in multiple cooking steps, we equally appreciate one that comes together weeknight-fast. Quick-cooking ingredients and choice convenience products are the key to making a delicious soup in 30 minutes or less without sacrificing flavor. The recipes and tips that follow will help you get a tasty meal on the table *pronto!* Added bonus: They're all prepared in one pot, making cleanup fast too.



THIS PAGE

CHICKEN + WHITE BEAN SOUP

With just 5 ingredients (not including oil and water) you'll be slurping up this easy soup in no time.

Ravioli &
Vegetable Soup
p. 44

Chicken &
White Bean Soup
p. 45

Salmon Chowder
p. 45

Sweet & Sour
Beef-Cabbage Soup
p. 46

Sweet Potato-
Peanut Bisque
p. 47

Ravioli & Vegetable Soup

ACTIVE: 25 MIN **TOTAL:** 25 MIN
TO MAKE AHEAD: Refrigerate for up to 3 days. Thin with broth before reheating, if desired.

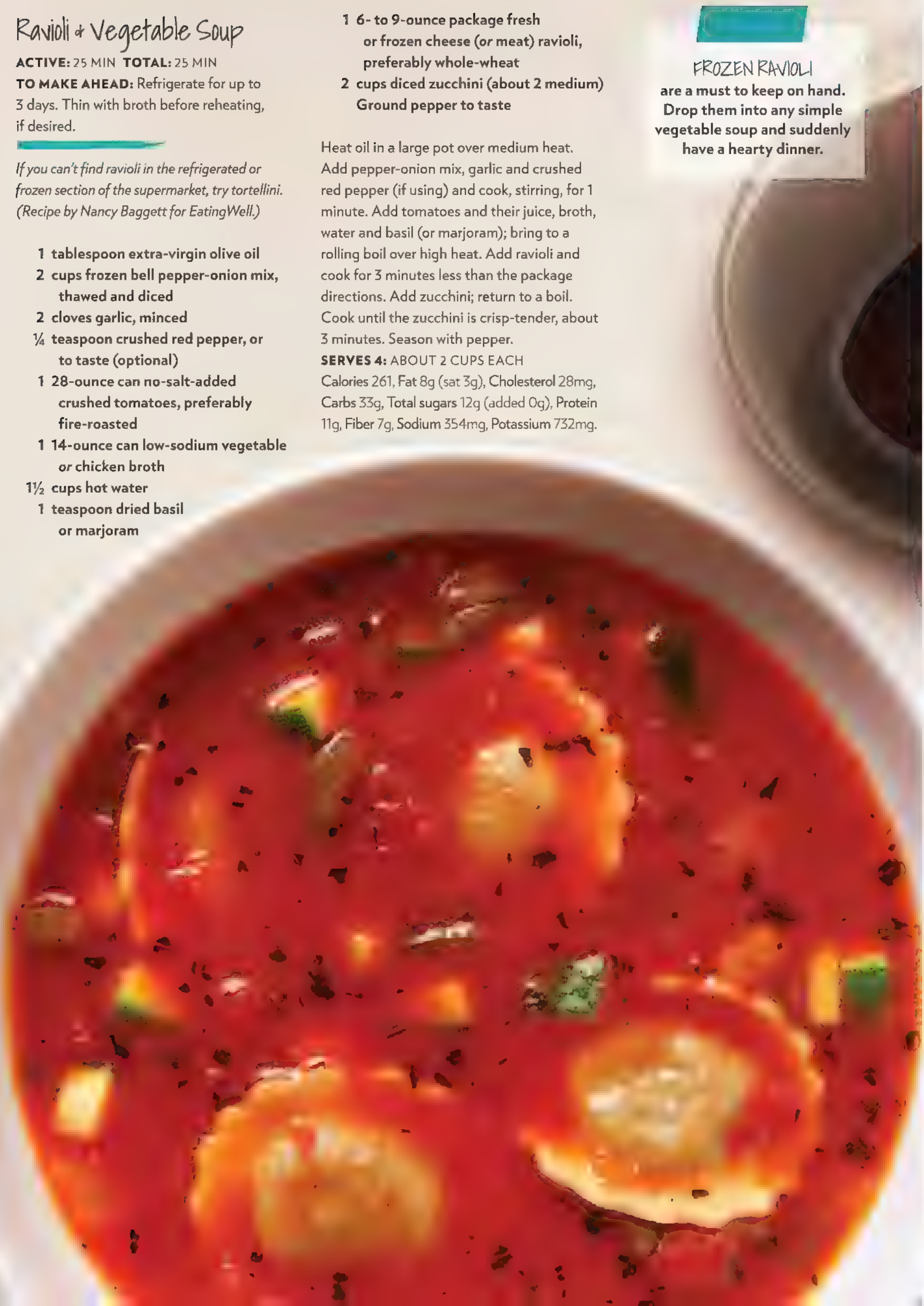
If you can't find ravioli in the refrigerated or frozen section of the supermarket, try tortellini. (Recipe by Nancy Baggett for EatingWell.)

- **1 tablespoon extra-virgin olive oil**
- **2 cups frozen bell pepper-onion mix, thawed and diced**
- **2 cloves garlic, minced**
- **¼ teaspoon crushed red pepper, or to taste (optional)**
- **1 28-ounce can no-salt-added crushed tomatoes, preferably fire-roasted**
- **1 14-ounce can low-sodium vegetable *or* chicken broth**
- **1½ cups hot water**
- **1 teaspoon dried basil or marjoram**
- **1 6- to 9-ounce package fresh or frozen cheese (*or* meat) ravioli, preferably whole-wheat**
- **2 cups diced zucchini (about 2 medium)**
- **Ground pepper to taste**

Heat oil in a large pot over medium heat. Add pepper-onion mix, garlic and crushed red pepper (if using) and cook, stirring, for 1 minute. Add tomatoes and their juice, broth, water and basil (or marjoram); bring to a rolling boil over high heat. Add ravioli and cook for 3 minutes less than the package directions. Add zucchini; return to a boil. Cook until the zucchini is crisp-tender, about 3 minutes. Season with pepper.

SERVES 4: ABOUT 2 CUPS EACH
Calories 261, Fat 8g (sat 3g), Cholesterol 28mg, Carbs 33g, Total sugars 12g (added 0g), Protein 11g, Fiber 7g, Sodium 354mg, Potassium 732mg.

FROZEN RAVIOLI
are a must to keep on hand. Drop them into any simple vegetable soup and suddenly have a hearty dinner.



Chicken & White Bean Soup

(PHOTO: PAGE 42)

ACTIVE: 25 MIN **TOTAL:** 25 MIN

TO MAKE AHEAD: Refrigerate for up to 2 days.

Rotisserie chicken can relieve the dinner-rush pressure—but they're usually loaded with sodium. Keep your soup in check by balancing the rest of your recipe with other less-salty ingredients like low-sodium broth and rinsed canned beans.

- **2 teaspoons extra-virgin olive oil**
- **2 leeks, white and light green parts only, cut into ¼-inch rounds** ***(see Tip, page 81)***
- **1 tablespoon chopped fresh sage *or* ¼ teaspoon dried**
- **2 14-ounce cans low-sodium chicken broth**
- **2 cups water**
- **1 15-ounce can cannellini beans, rinsed**
- **1 2-pound roasted chicken, skin discarded, meat removed from bones and shredded (4 cups)**

Heat oil in a large pot over medium-high heat. Add leeks and cook, stirring often, until soft, about 3 minutes. Stir in sage and continue cooking until fragrant, about 30 seconds. Stir in broth and water, increase heat to high, cover and bring to a boil. Add beans and chicken and cook, uncovered, stirring occasionally, until heated through, about 3 minutes.

SERVES 6: 1½ CUPS EACH

Calories 248, Fat 6g (sat 1g), Cholesterol 79mg, Carbs 15g, Total sugars 1g (added 0g), Protein 35g, Fiber 4g, Sodium 244mg, Potassium 408mg.

IN JUST 30
INSTANT MASHED POTATO FLAKES
may sound like a sketchy ingredient, but they're not! Many brands only contain dehydrated potato flakes.

Salmon Chowder

ACTIVE: 30 MIN **TOTAL:** 30 MIN

Even if you don't keep instant mashed potatoes in your pantry, it's worth picking some up for this soup. They give the soup a thick, chowder texture without any heavy cream or butter. Leftover mashed potatoes work too, but give a slightly less-velvety texture. (Recipe by Nancy Baggett for EatingWell.)

- **1 tablespoon canola oil**
- **⅓ cup chopped carrot**
- **⅓ cup chopped celery**
- **1 12-ounce skinned wild salmon fillet** ***(see Tip)***
- **4 cups low-sodium chicken broth**
- **1½ cups water**
- **2½ cups frozen cauliflower florets, thawed and coarsely chopped**
- **3 tablespoons chopped fresh chives *or* scallions *or* 1½ tablespoons dried chives**
- **1⅓ cups instant mashed potato flakes *or* 2 cups leftover mashed potatoes**
- **¼ cup chopped fresh dill *or* 2 teaspoons dried tarragon**
- **1 tablespoon Dijon mustard**
- **¼ teaspoon salt**
- **Ground pepper to taste**

1. Heat oil in a large pot over medium heat. Add carrot and celery and cook, stirring frequently, until the vegetables just begin to brown, 3 to 4 minutes. Add salmon, broth, water, cauliflower and chives (or scallions) and bring to a simmer. Cover and cook, maintaining a gentle simmer, until the salmon is just cooked through, 5 to 8 minutes. Remove the salmon to a clean cutting board. Flake into bite-size pieces with a fork.

2. Stir potato flakes (or leftover mashed potatoes), dill (or tarragon) and mustard into the soup until well blended. Return to a simmer. Add the salmon and reheat. Season with salt and pepper.

SERVES 6: ABOUT 1½ CUPS EACH

Calories 178, Fat 6g (sat 1g), Cholesterol 27mg, Carbs 17g, Total sugars 2g (added 0g), Protein 17g, Fiber 2g, Sodium 257mg, Potassium 499mg.

Tip: *All wild salmon—and now some farmed—is considered a sustainable choice for the environment. For farmed, ask for fish that's raised in land- or tank-based systems. For more information about choosing sustainable seafood, go to* seafoodwatch.org.

IN
JUST:30

Sweet & Sour Beef-Cabbage Soup

ACTIVE: 30 MIN **TOTAL:** 30 MIN

Pantry items, like dried herbs, vinegar, honey, canned tomatoes and frozen vegetables, give this fast German-inspired soup tons of flavor without the need for a long simmering time. For an even heartier soup, add diced cooked potatoes along with the cabbage. (Recipe by Nancy Baggett for EatingWell.)

- 1 tablespoon canola oil
- 1 pound lean (90% or leaner) ground beef
- 1½ teaspoons caraway seeds
- 1 teaspoon dried thyme
- 2½ cups frozen bell pepper-onion mix, thawed, chopped
- 1 medium Golden Delicious *or* other sweet-tart cooking apple, diced
- 6 cups reduced-sodium beef broth
- 1 15-ounce can crushed *or* diced tomatoes
- 1½ tablespoons honey
- 1 tablespoon paprika, preferably Hungarian sweet
- 3 cups coarsely chopped Savoy *or* green cabbage
- 1-2 tablespoons cider vinegar
- ¼ teaspoon salt
- Ground pepper to taste

1. Heat oil in a large pot over medium heat. Add beef, caraway seeds and thyme and cook, stirring and breaking up the beef with a spoon, until it is mostly browned, about 4 minutes. Stir in pepper-onion mix and apple; cook, stirring, for 2 to 3 minutes more.

2. Stir in broth, tomatoes, honey and paprika and adjust the heat so the mixture boils gently. Cook for 8 to 10 minutes to blend the flavors. Stir in cabbage and cook just until barely tender, 3 to 4 minutes more. Season with vinegar to taste, salt and pepper.

SERVES 6: ABOUT 1¼ CUPS EACH
Calories 240, Fat 9g (sat 3g), Cholesterol 53mg, Carbs 21g, Total sugars 15g (added 4g), Protein 19g, Fiber 5g, Sodium 717mg, Potassium 671mg.

FROZEN VEGETABLES
give soup a nutrition boost, without all the prepping or an extra trip to the store, if you keep them in your freezer.

Sweet Potato-Peanut Bisque

ACTIVE: 30 MIN **TOTAL:** 30 MIN
TO MAKE AHEAD: Refrigerate for up to 3 days. Thin with water before reheating, if desired.

Variants of potato and peanut soups can be found all over West Africa. Our take uses nutrient-rich sweet potatoes, reduced-sodium tomato juice and creamy peanut butter. (Recipe by Nancy Baggett for EatingWell.)

- **2 large sweet potatoes (10-12 ounces each)**
- **1 tablespoon canola oil**
- **1 small yellow onion, chopped**
- **1 large clove garlic, minced**
- **3 cups reduced-sodium tomato-vegetable juice blend *or* tomato juice**
- **1 4-ounce can diced green chiles, preferably hot, drained**
- **2 teaspoons minced fresh ginger**
- **1 teaspoon ground allspice**
- **1 15-ounce can low-sodium vegetable broth**
- **½ cup smooth natural peanut butter**
- **Ground pepper to taste**
- **Chopped fresh cilantro leaves for garnish**

1. Prick sweet potatoes in several places with a fork. Microwave on High until just cooked through, 7 to 10 minutes. Set aside to cool.
2. Meanwhile, heat oil in a large pot over medium-high heat. Add onion and cook, stirring, until it just begins to brown, 2 to 4 minutes. Add garlic and cook, stirring, for 1 minute more. Stir in juice, green chiles, ginger and allspice. Adjust the heat so the mixture boils gently; cook for 10 minutes.
3. Meanwhile, peel the sweet potatoes and chop into bite-size pieces. Add half to the pot. Place the other half in a food processor or blender along with broth and peanut butter. Puree until completely smooth. Add the puree to the pot and stir well to combine. Thin the bisque with water, if desired. Season with pepper. Heat until hot. Garnish with cilantro, if desired.

SERVES 5: ABOUT 1½ CUPS EACH
Calories 286, Fat 16g (sat 3g), Cholesterol 0mg, Carbs 29g, Total sugars 13g (added 0g), Protein 9g, Fiber 6g, Sodium 314mg, Potassium 989mg.

THE MICROWAVE
cooks sweet potatoes fast, so you don't have to wait an hour for them to bake in the oven.

PARTY in a BOWL

Everyone brings their own sense of taste—and planning—to the table when it comes to feeding company. Maybe you're the type that loves to impress with a dish that features origami-like homemade wontons. Or perhaps you just want a guaranteed-delicious recipe that you can get on the table without too much fuss. Whichever type of entertainer you are, don't worry, we've got a soup for you.

THIS PAGE

SEAFOOD GUMBO

Party planners rejoice! Everything for this dinner party—the soup, garnishes and rice—can be made ahead.

Seafood Gumbo
p. 50

Singapore-Style Chicken & Noodle Soup (*Laksa*)
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Baked Vegetable Soup
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Quick Pepperpot Soup
p. 53

White Turkey Chili
p. 54

Shrimp & Chinese Chive Wonton Soup
p. 54

PARTY IN A BOWL

for the NO-STRESS dinner party

Seafood Gumbo

(PHOTO: PAGE 48)

ACTIVE: 1 HR 20 MIN **TOTAL:** 2¼ HRS

TO MAKE AHEAD: Prepare through Step 3 and refrigerate for up to 2 days. Return to a simmer and finish with Step 4.

Gumbo, a hearty stew made with anything from sausage or duck to rabbit or seafood, is the perfect easy dinner-party fare. Make it before guests arrive, then all you have to do is put out all the extra fixin's—hot sauce, scallions, rice and beer. (Recipe adapted from Eula Mae's Cajun Kitchen *by Eula Mae Doré and Marcelle R. Bienvenu; Harvard Common Press, 2007.)*

- **5 tablespoons canola oil, divided**
- **1 pound okra, fresh *or* frozen (thawed), trimmed and cut into ¼-inch-thick rounds**
- **4 teaspoons distilled white vinegar**
- **⅓ cup all-purpose flour**
- **2 cups chopped green bell peppers**
- **1¼ cups chopped yellow onions**
- **1¼ cups chopped scallions, divided**
- **1 cup chopped celery**
- **1 clove garlic, minced**
- **1 28-ounce can diced tomatoes with their juice**
- **2 cups seafood stock *or* water**
- **½ cup cubed boiled deli ham**
- **2 bay leaves**
- **2 sprigs fresh thyme *or* ½ teaspoon dried**
- **1 tablespoon Worcestershire sauce**
- **1 teaspoon hot sauce**
- **⅛ teaspoon salt**
- **1 pound peeled, deveined raw shrimp (26-30 count)**
- **8 ounces lump crabmeat, any shells or cartilage removed**
- **2 tablespoons chopped fresh parsley**

1. Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add okra and cook, stirring often, until it starts to turn dark brown, 18 to 22 minutes. Add vinegar and cook, stirring frequently, until the okra is completely browned and no longer has "sticky strings" attached, 2 to 3 minutes more. Remove from heat and set aside.

2. Heat the remaining 4 tablespoons oil in a large pot over medium heat for 2 minutes. Add flour and cook, stirring slowly and constantly, until the mixture smells very toasty and is the color of peanut butter, 5 to 10 minutes.

3. Add bell peppers, onions, 1 cup scallions, celery and garlic and cook, stirring often, until the vegetables are tender and lightly golden, 10 to 12 minutes. Stir in the okra, tomatoes, stock (or water), ham, bay leaves, thyme, Worcestershire, hot sauce and salt. Reduce the heat to medium-low, cover and simmer, adjusting the heat as necessary to maintain a slow, steady simmer, for 45 minutes.

4. Add shrimp and crabmeat to the pot and simmer, uncovered, until the shrimp are cooked through, about 8 minutes. Discard the bay leaves and thyme sprigs. Garnish with parsley and the remaining scallions.

SERVES 8: ABOUT 1½ CUPS EACH

Calories 243, Fat 10g (sat 1g), Cholesterol 104mg, Carbs 18g, Total sugars 6g (added 0g), Protein 22g, Fiber 5g, Sodium 593mg, Potassium 737mg.

Singapore-Style Chicken & Noodle Soup (Laksa)

ACTIVE: 1¼ HRS **TOTAL:** 1¼ HRS

TO MAKE AHEAD: Refrigerate the noodles, soup and toppings in separate containers for up to 2 days.

Take your friends on a culinary globe-trotting adventure with this curry laksa, *a popular Southeast Asian noodle soup. Serve with a zesty Gewürztraminer or dry Riesling.*

- **2 cups chopped onions**
- **2 small red *or* green chiles (such as serrano *or* jalapeño), seeded and diced**
- **1 2-inch piece fresh ginger, peeled and coarsely chopped**
- **2 cloves garlic, crushed**
- **¼ cup macadamia nuts**
- **3 tablespoons fish sauce**
- **2 teaspoons dark brown sugar**
- **1 tablespoon ground coriander**
- **2 teaspoons ground cumin**
- **1 teaspoon curry powder**
- **1 teaspoon ground turmeric**
- **1 teaspoon ground *or* crushed fennel seed**
- **1 teaspoon ground pepper**
- **2 tablespoons peanut oil**
- **6 cups low-sodium chicken broth**
- **1 pound boneless, skinless chicken breast, trimmed**
- **1 14-ounce can "lite" coconut milk**
- **2 tablespoons lime juice, or to taste**
- **2 tablespoons reduced-sodium soy sauce**
- **1 14-ounce package extra-firm tofu, drained, cut into ½-inch cubes**
- **1 cup diced tomatoes *or* one 14-ounce can diced tomatoes, drained**
- **1 7-ounce package mung bean sprouts (about 3 cups)**
- **8 ounces bean thread noodles (*see Tip*)**
- **3 hard-boiled eggs, thinly sliced**
- **6 scallions, thinly sliced**
- **½ cup coarsely chopped fresh cilantro**
- **Sriracha *or* other hot sauce for serving**
- **Lime wedges for serving**

1. Put onions, chiles, ginger, garlic, nuts, fish sauce, brown sugar, coriander, cumin, curry powder, turmeric, fennel and pepper in a blender. Puree until the mixture forms a paste.

2. Heat oil in a large pot over medium heat. Using a spatula, scrape in the paste and cook, stirring, until it starts to color, 3 to 5 minutes. Add broth and chicken and bring to a simmer. Simmer, turning the chicken once or twice, for 10 minutes. Stir in coconut milk, lime juice and soy sauce; simmer for 5 minutes more.

3. Remove the chicken and shred into bite-size pieces with two forks. Add tofu, tomatoes and bean sprouts to the soup and cook for 2 minutes. Stir in the shredded chicken.

4. Meanwhile, prepare noodles according to package directions.

5. To serve, divide the noodles among 8 soup bowls. Ladle soup over them and top with egg slices, scallions and cilantro. Serve with hot sauce and lime wedges, if desired.

SERVES 8: 1⅔ CUPS SOUP & ¾ CUP NOODLES EACH

Calories 408, Fat 17g (sat 5g), Cholesterol 101mg, Carbs 41g, Total sugars 6g (added 1g), Protein 26g, Fiber 4g, Sodium 714mg, Potassium 585mg.

Tip: *Look for bean thread noodles, sometimes labeled vermicelli, mung bean or cellophane noodles, in the Asian section of large supermarkets or at an Asian market. After cooking the noodles, rinse well to prevent sticking.*

feed an
ADVENTUROUS
crowd

one word: ramen-laksa is the hot new [illegible]

PARTY IN A BOWL

please VEGETARIAN friends

Baked Vegetable Soup

ACTIVE: 40 MIN **TOTAL:** 1 HR 40 MIN

Brimming with artichokes, mushrooms, zucchini and leeks, this oven-baked soup heats up the house as it becomes a hearty, warming meal. Serve with crusty bread and extra-virgin olive oil for dipping.

- **5 tablespoons extra-virgin olive oil**
- **1 pound Yukon Gold potatoes, halved and sliced ¼ inch thick**
- **1½ teaspoons kosher salt, divided**
- **2 medium zucchini, halved and sliced ½ inch thick**
- **2 medium leeks, white and light green parts only, thinly sliced** ***(see Tip, page 81)***
- **4 medium stalks celery, thinly sliced**
- **10 ounces cremini (baby bella) mushrooms, quartered**
- **4 cups frozen artichoke hearts (two 9-ounce boxes), thawed,** ***or*** **10 fresh artichoke hearts, quartered**
- **¼ cup chopped fresh parsley, plus more for garnish**
- **1 15-ounce can no-salt-added diced tomatoes, with their juice**
- **1 2-inch piece Parmesan cheese rind, plus finely shredded Parmesan for garnish**
- **6 cups water**
- **½ teaspoon ground pepper**

1. Preheat oven to 350°F.

2. Pour oil into a large ovenproof pot (about 6-quart) and arrange potato slices in an even layer over the oil. Sprinkle with ¾ teaspoon salt. Layer in zucchini, leeks, celery, mushrooms, artichoke hearts and ¼ cup parsley; sprinkle with the remaining ¾ teaspoon salt. Pour tomatoes over the vegetables and nestle Parmesan rind into them. Add water (the vegetables will not be completely submerged), cover and bring to a boil over high heat.

3. Once boiling, transfer the pot to the oven and bake, covered, until the vegetables are tender, but still firm, 1 to 1¼ hours. Season with pepper and serve garnished with parsley and Parmesan, if desired.

SERVES 8: ABOUT 1¾ CUPS EACH
Calories 207, Fat 10g (sat 2g), Cholesterol 1mg, Carbs 26g, Total sugars 5g (added 0g), Protein 5g, Fiber 7g, Sodium 314mg, Potassium 815mg.

Quick Pepperpot Soup

ACTIVE: 40 MIN **TOTAL:** 40 MIN

Jamaican pepperpot soup is usually a long-simmered preparation made with tough cuts of meat and vegetables. This version uses quick-cooking sirloin making it fast enough for last-minute guests. If you're not a fan of beef, try the soup with shrimp instead.

- **1 tablespoon canola oil**
- **1 pound sirloin steak, trimmed, cut into ½-inch pieces**
- **1½ teaspoons salt, divided**
- **1 small white onion, diced**
- **1 clove garlic, minced**
- **1 teaspoon minced Scotch bonnet chile pepper** ***or*** **habanero, or to taste**
- **1 teaspoon chopped fresh thyme** ***or*** **¼ teaspoon dried**
- **4 cups water**
- **1 teaspoon cornstarch**
- **1 pound sweet potato (about 1 large), cut into ½-inch pieces**
- **1 cup chopped (½-inch) okra, fresh** ***or*** **frozen (not thawed)**
- **3 cups chopped callaloo, collard greens** ***or*** **spinach**
- **3 scallions, sliced**
- **1 14-ounce can "lite" coconut milk, well shaken**

1. Heat oil in a large pot over medium heat. Add steak and ½ teaspoon salt; cook, stirring occasionally, until no longer pink on the outside, 3 to 4 minutes. Transfer to a plate.

2. Add onion, garlic, chile pepper and thyme to the pot and cook, stirring, for 1 minute. Whisk water and cornstarch in a bowl or large measuring cup; add to the pot along with sweet potato and okra. Bring to a boil over high heat; boil for 1 minute. Reduce heat to a simmer and cook until the vegetables are almost tender, 3 to 5 minutes. Stir in callaloo (or collards or spinach) and the remaining 1 teaspoon salt; cook until tender, 2 to 3 minutes more. Add scallions and the steak plus any accumulated juices. Cook until the steak is hot and just cooked through, 1 to 2 minutes more. Remove from the heat and stir in coconut milk.

SERVES 6: ABOUT 1½ CUPS EACH
Calories 242, Fat 10g (sat 5g), Cholesterol 39mg, Carbs 20g, Total sugars 5g (added 0g), Protein 18g, Fiber 4g, Sodium 680mg, Potassium 575mg.

Tip: *More commonly referred to as amaranth in the U.S., callaloo is the ubiquitous cooking green in Jamaica. Some farmers consider it to be simply a weed, but if you're lucky to find it in bunches at your farmers' market or a Caribbean market, snap it up! It has a texture somewhere between that of collard greens and spinach, both of which are fine substitutes.*

White Turkey Chili

ACTIVE: 40 MIN **TOTAL:** 1½ HRS
TO MAKE AHEAD: Refrigerate for up to 3 days or freeze for up to 3 months.

Whole-grain bulgur and canned beans bulk up this wallet-friendly chili while zucchini, oregano and green chiles give it flecks of green. After all ingredients are added, slowly simmer for 50 minutes to develop the best flavor, but if you're in a hurry, reduce the broth by half and simmer for 20 to 25 minutes. Garnish with white Cheddar cheese and diced red onion, if desired.

- **3 tablespoons extra-virgin olive oil**
- **1 pound 93%-lean ground turkey**
- **1 large onion, diced**
- **4 cloves garlic, minced**
- **2 medium zucchini, diced (about 3½ cups)**
- **½ cup bulgur**
- **2 tablespoons dried oregano**
- **4 teaspoons ground cumin**
- **½ teaspoon ground coriander**
- **½ teaspoon white pepper**
- **¼ teaspoon kosher salt**
- **2 15-ounce cans no-salt-added white beans, rinsed**
- **2 4-ounce cans green chiles, mild *or* hot**
- **4 cups low-sodium chicken broth**

1. Heat oil in a large pot over medium-high heat. Add ground turkey, onion and garlic. Cook, stirring and breaking up the meat with a wooden spoon, until the meat is no longer pink, 3 to 5 minutes.
2. Add zucchini and cook, stirring occasionally, until the zucchini is starting to soften, 5 to 7 minutes.
3. Add bulgur, oregano, cumin, coriander, white pepper and salt and cook, stirring, until aromatic, 30 seconds to 1 minute.
4. Stir in white beans and chiles, then pour in broth; bring to a boil.
5. Reduce heat to a simmer and cook, partially covered and stirring occasionally, until the liquid is thickened and the bulgur is tender, about 50 minutes.

SERVES 6: ABOUT 1½ CUPS EACH
Calories 350, Fat 14g (sat 3g), Cholesterol 43mg, Carbs 38g, Total sugars 4g (added 0g), Protein 28g, Fiber 10g, Sodium 596mg, Potassium 1,000mg.

Shrimp & Chinese Chive Wonton Soup

ACTIVE: 1 HR **TOTAL:** 1¼ HRS

Once you fold a few of these wontons you'll realize they're actually quite easy to make. Look for wonton wrappers in the refrigerated section of your supermarket near the fresh noodles or tofu and go for the square ones (not round).

- **2 Chinese dried mushrooms *or* dried shiitakes**
- **4½ cups low-sodium chicken broth, divided**
- **4 ounces raw medium shrimp, peeled and deveined**
- **¼ cup minced chives, preferably Chinese chives**
- **2 tablespoons minced water chestnuts *or* jícama**
- **2 teaspoons Chinese rice wine (Shao Hsing) *or* dry sherry**
- **7 teaspoons toasted sesame oil, divided**
- **¼ teaspoon ground white pepper**
- **1 tablespoon cornstarch**
- **24 square fresh wonton wrappers**
- **4 ¼-inch slices fresh ginger, peeled and smashed**
- **12 yau choi (choi sum) *or* broccolini stalks**
- **2½ tablespoons reduced-sodium soy sauce**

1. Place mushrooms in a small heatproof bowl. Heat ½ cup broth until steaming and pour over the mushrooms. Let stand until softened, about 30 minutes. Remove the mushrooms (reserve the broth); cut off and discard the stems and finely chop the caps.
2. Cut shrimp into ¼-inch pieces. Combine the shrimp, the mushroom caps, chives, water chestnuts (or jícama), rice wine (or sherry), 1 teaspoon sesame oil and pepper in a bowl.
3. Line a baking sheet with parchment paper and lightly dust with cornstarch. Loosely cover wonton wrappers with a barely damp kitchen towel. Take 6 of the wrappers and set in a row with one corner facing you. Place a rounded teaspoon of the shrimp filling on the bottom corner of each wrapper. Starting at the bottom, roll each wrapper up three-quarters of the way, tucking in the filling as you go. Press on both sides to seal. Lightly dab a few drops of water on one of two side corners, bring the side corners together, overlap them and press to seal. Place the filled wontons on the prepared pan. Repeat in 3 more batches to make 24 wontons.
4. Put 2 quarts of water on to boil in a large pot for cooking the wontons.
5. Meanwhile, combine the remaining 4 cups broth, the reserved mushroom-soaking liquid and ginger in a large saucepan; cover and bring to a boil. Add yau choi (or broccolini) and cook until tender-crisp, 1 to 2 minutes. Remove from heat. Discard ginger. Divide greens among 6 soup bowls and drizzle with 1 teaspoon sesame oil each. Stir soy sauce into the broth; cover to keep warm.
6. Add half the wontons to the boiling water and return to a boil over high heat, nudging them with a slotted spoon to prevent them from sticking. Reduce heat to medium and gently simmer until all the wontons float to the surface, 2 to 4 minutes. Use the slotted spoon to divide the wontons among 3 of the bowls, then ladle about ¾ cup broth over each portion. Repeat with the remaining wontons and broth.

SERVES 6: 2 STALKS OF GREENS, 4 WONTONS & ¾ CUP BROTH EACH
Calories 202, Fat 7g (sat 1g), Cholesterol 26mg, Carbs 24g, Total sugars 1g (added 0g), Protein 11g, Fiber 1g, Sodium 485mg, Potassium 271mg.

PARTY
IN A
BOWL

look like a
COOKING
PRO

Top It Off

Think of what the cherry does for a sundae—it adds a bit of flavor and a dash of good looks. Before you dip your spoon into your bowl of soup, sprinkle, drizzle, swirl or squeeze a little extra beauty on top with creative toppers. Here's some inspiration, but really, these ideas are just a jumping-off point—anything goes!

SPRINKLES

- Chopped herbs, such as chives, cilantro, dill or parsley
- Dusting of spice, such as cumin, curry, paprika or white pepper
- Lemon, lime or orange zest
- Shaved, crumbled or grated cheese, such as feta, Parmesan or Pecorino

MORE VEGGIES!

- Thinly sliced radish or cucumber
- Julienned carrot, cabbage or jícama
- Chopped tomato
- Corn or peas

SWIRLS + DOLLOPS

- Plain yogurt, sour cream or crème fraîche
- Pesto, salsa, gremolata or caponata
- Aïoli or tzatziki
- Extra-virgin olive oil, sesame oil, nut oils or any flavored oils, such as truffle
- Hot sauce, such as Texas Pete or sriracha
- Asian condiments, such as hoisin sauce, fish sauce or soy sauce
- Vinegar, such as sherry or red-wine
- Lemon or lime juice

CRUNCHIES

- Crispy croutons or toasted fresh breadcrumbs
- Toasted nuts, such as almonds, pistachios or hazelnuts
- Crumbled tortilla chips or crackers
- Toasted pumpkin or sunflower seeds
- Toasted coconut

SALADS
—On the Side—

Salad is a natural partner for soup and it boosts your veggie servings (recent studies show most of us are not eating enough) while also making your meal more enjoyable. Complement a bold soup with a simple salad dressed with a vinaigrette, or pair a basic soup with a more complex salad topped with fruit, nuts and cheese. Veggies served alongside a healthy bowl of soup—a win-win!

THIS PAGE
THE PEPPERY-TASTING RADISHES, WATERCRESS & ARUGULA **that are featured in this salad can easily stand up to the slightly sweet and acidic flavors of, say, a tomato soup.**

Radish, Watercress & Arugula Salad with Feta Vinaigrette
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Massaged Kale Salad
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Apple & Fennel Salad with Blue Cheese
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Simple Green Salad with Citronette
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Spinach Salad with Ginger Japanese Dressing
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Bitter Greens Salad with Aged Balsamic, Pine Nuts & Currants
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Radish, Watercress & Arugula Salad with Feta Vinaigrette

(PHOTO: PAGE 58)

ACTIVE: 25 MIN **TOTAL:** 25 MIN

Whisked feta cheese becomes the creamy base for the salad dressing in this pretty salad. Always skinned, most Marcona almonds have already been sautéed in oil and lightly salted when you get them. Look for them in specialty stores and online at tienda.com.

- **¼ cup finely crumbled feta cheese**
- **3 tablespoons extra-virgin olive oil**
- **2 tablespoons white-wine vinegar**
- **1 tablespoon finely chopped shallot**
- **¼ teaspoon salt**
- **¼ teaspoon ground pepper**
- **3 cups baby arugula**
- **3 cups watercress, any tough stems removed**
- **2 cups halved and sliced radishes (from 2 bunches)**
- **3 tablespoons chopped fresh tarragon**
- **¼ cup coarsely chopped almonds, preferably Marcona almonds**

Whisk feta, oil, vinegar, shallot, salt and pepper in a large bowl until well combined. Add arugula, watercress, radishes and tarragon; toss to coat. Top with almonds just before serving.

SERVES 4: ABOUT 1¼ CUPS EACH
Calories 191, Fat 17g (sat 3g), Cholesterol 8mg, Carbs 6g, Total sugars 2g (added 0g), Protein 5g, Fiber 2g, Sodium 312mg, Potassium 372mg.

Massaged Kale Salad

ACTIVE: 30 MIN **TOTAL:** 30 MIN

A pungent garlicky dressing is infused into kale by massaging the greens and the dressing together with your hands. To speed up the prep for this salad, use 1½ pounds de-stemmed bagged kale.

- **2 bunches kale**
- **½ cup freshly grated Parmesan cheese**
- **⅓ cup extra-virgin olive oil**
- **¼ cup lemon juice**
- **3 large cloves garlic, minced**
- **1 tablespoon reduced-sodium soy sauce**
- **1 minced anchovy fillet *or* ½ teaspoon anchovy paste (optional)**
- **½ teaspoon ground pepper**
- **¼ teaspoon salt**

Strip kale leaves from stems (discard stems). Wash and dry the leaves. Tear the leaves into small pieces and place in a large bowl. Add Parmesan, oil, lemon juice, garlic, soy sauce, anchovy (if using), pepper and salt. With clean hands, firmly massage and crush the greens to work in the flavoring. Stop when the volume of greens is reduced by about half. The greens should look a little darker and somewhat shiny. Taste and adjust seasoning with more Parmesan, lemon juice, garlic, soy sauce and/or pepper, if desired.

SERVES 6: ABOUT 2 CUPS EACH
Calories 183, Fat 15g (sat 3g), Cholesterol 6mg, Carbs 9g, Total sugars 2g (added 0g), Protein 5g, Fiber 3g, Sodium 335mg, Potassium 407mg.

Apple & Fennel Salad with Blue Cheese

ACTIVE: 15 MIN **TOTAL:** 15 MIN

This quick salad with sweet apples and salty blue cheese and a tangy cider-vinegar dressing is a particularly good match for soups that feature winter squash, like the Spicy Butternut Squash soup on page 6.

- **¼ cup extra-virgin olive oil**
- **2 tablespoons cider vinegar**
- **¼ teaspoon salt**
- **¼ teaspoon ground pepper**
- **1 large crisp, sweet apple, such as Honeycrisp *or* Ambrosia, thinly sliced**
- **1 medium fennel bulb, quartered and thinly sliced, fronds reserved**
- **6 cups torn butterhead lettuce**
- **⅓ cup crumbled blue cheese**

Whisk oil, vinegar, salt and pepper in a large bowl. Add apple and fennel and toss to coat. Chop ¼ cup of the fennel fronds and add to the bowl along with lettuce and blue cheese; gently toss.

SERVES 5: ABOUT 2 CUPS EACH
Calories 180, Fat 14g (sat 3g), Cholesterol 7mg, Carbs 11g, Total sugars 7g (added 0g), Protein 4g, Fiber 3g, Sodium 248mg, Potassium 428mg.

RAW KALE SALAD with a lemony dressing is the perfect match for earthy bean soups.

SWEET, SALTY AND CRUNCHY

salad ingredients can help highlight flavors in a savory soup.

SALADS ON THE SIDE

For complex soups with lots of flavors, a **SIMPLE** salad is the ideal complement.

Simple Green Salad with Citronette

ACTIVE: 15 MIN **TOTAL:** 15 MIN

TO MAKE AHEAD: Refrigerate the dressing (Step 1) for up to 3 days. Bring to room temperature and shake before using.

This recipe makes more citrus vinaigrette than you need for these greens. Use the extra dressing for another salad or drizzle it onto roasted vegetables, such as carrots or Brussels sprouts, for a quick, flavorful side dish.

- ¼ cup orange juice
- ¼ cup lemon juice
- ¼ cup extra-virgin olive oil
- 1 small shallot, finely chopped
- 2 teaspoons Dijon mustard
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 4 cups torn peppery *and/or* bitter greens, such as frisée, watercress, radicchio *or* arugula
- 8 cups mild greens, such as Boston lettuce, mesclun, baby spinach *or* baby romaine
- ⅓ cup thinly sliced red onion

1. Combine orange juice, lemon juice, oil, shallot, mustard, salt and pepper in a jar with a tight-fitting lid. Shake until well combined.

2. Place greens and onion in a large salad bowl; toss with ⅓ cup of the dressing.

SERVES 6: ABOUT 1½ CUPS EACH (PLUS ⅔ CUP EXTRA DRESSING)
Calories 43, Fat 3g (sat 0g), Cholesterol 0mg, Carbs 3g, Total sugars 1g (added 0g), Protein 2g, Fiber 1g, Sodium 81mg, Potassium 270mg.

ASIAN & INDIAN
inspired soups go well with the sweet and savory flavors of this Japanese-style salad.

Spinach Salad with Ginger Japanese Dressing

ACTIVE: 20 min **TOTAL:** 20 min

TO MAKE AHEAD: Refrigerate the dressing (Step 1) for up to 5 days.

For a more peppery salad, try swapping the spinach for watercress, arugula or tatsoi.

- 3 tablespoons minced onion
- 3 tablespoons peanut *or* canola oil
- 2 tablespoons distilled white vinegar
- 1½ tablespoons finely grated fresh ginger
- 1 tablespoon ketchup
- 1 tablespoon reduced-sodium soy sauce
- ¼ teaspoon minced garlic
- ¼ teaspoon salt
- Ground pepper to taste
- 10 ounces baby spinach
- 1 large carrot, grated
- 1 medium red bell pepper, thinly sliced

1. Combine onion, oil, vinegar, ginger, ketchup, soy sauce, garlic, salt and pepper in a blender. Process until combined.

2. Toss spinach, carrot and bell pepper with the dressing in a large bowl until evenly coated.

SERVES 4: ABOUT 1½ CUPS EACH
Calories 135, Fat 11g (sat 2g), Cholesterol 0mg, Carbs 9g, Total sugars 4g (added 1g), Protein 3g, Fiber 3g, Sodium 387mg, Potassium 557mg.

Bitter Greens Salad with Aged Balsamic, Pine Nuts & Currants

ACTIVE: 20 MIN **TOTAL:** 20 MIN

Our update of the steakhouse favorite wedge salad swaps gorgeous bitter greens for plain old iceberg lettuce and gets a sprinkle of sweet currants, toasty pine nuts and salty Parmesan.

- **2 heads Belgian endive, trimmed**
- **1 large head escarole, trimmed**
- **1 head Treviso *or* radicchio, trimmed**
- **5 tablespoons extra-virgin olive oil**
- **¼ cup balsamic vinegar, preferably aged**
- **¼ teaspoon salt**
- **Ground pepper to taste**
- **½ cup freshly grated good-quality aged Parmesan**
- **½ cup toasted pine nuts**
- **½ cup currants**

1. Cut endive in quarters lengthwise. Slice escarole and Treviso (or radicchio) in half, then cut each half into 4 wedges.
2. Combine oil, vinegar, salt and pepper in a small bowl.
3. Arrange the greens on 8 plates. Drizzle with the vinaigrette, then top with 1 tablespoon each Parmesan, pine nuts and currants.

SERVES 8
Calories 207, Fat 16g (sat 2g), Cholesterol 4mg, Carbs 14g, Total sugars 8g (added 0g), Protein 4g, Fiber 4g, Sodium 181mg, Potassium 432mg.

MEDITERRANEAN-STYLE SOUPS **are the ideal partners for this salad featuring a trio of assertive greens.**

Blue Cheese & Spinach Salad

ACTIVE: 15 MIN **TOTAL:** 15 MIN

A full-flavored blue cheese like Maytag really shines in this bacon, tomato and corn-topped spinach salad.

- **3 slices bacon, chopped**
- **2 tablespoons chopped shallot**
- **2 tablespoons cider vinegar**
- **2 teaspoons honey mustard**
- **1 large tomato, cut in half, divided**
- **3 cups baby spinach**
- **1 cup fresh corn kernels *(see Tip, opposite)***
- **2 large hard-boiled eggs *(see Tip, below)*, chopped**
- **¼ cup crumbled blue cheese**

1. Cook bacon in a small skillet over medium heat until crispy, about 5 minutes. Remove the bacon to a paper towel-lined plate with a slotted spoon. Add shallot to the pan and cook, stirring, until softened and fragrant, about 1 minute. Remove from heat and stir in vinegar and mustard.
2. Stand a box grater up in the pan; shred one tomato half through the large holes; stir to combine the tomato pulp with the dressing. (Discard tomato skin.)
3. Chop the remaining tomato half and toss in a large bowl with spinach, corn, eggs, blue cheese and the bacon. Drizzle the dressing from the pan over the salad; toss to coat.

SERVES 4: 1 CUP EACH
Calories 150, Fat 8g (sat 3g), Cholesterol 105mg, Carbs 12g, Total sugars 5g (added 1g), Protein 9g, Fiber 2g, Sodium 257mg, Potassium 437mg.

Tip: *To hard-boil eggs, place in a single layer in a saucepan and cover with 1 inch of water. Bring just to a simmer over medium-high heat. Reduce heat to low and cook at the barest simmer for 10 minutes. Remove from heat, immediately pour out hot water and cover the eggs with ice-cold water. Let stand in the water until cool, then peel.*

Creamy soup

Fall soups are delicious alongside this salad with a warm, bacon-spiked dressing

TIP

To remove corn kernels, stand an ear of corn on its stem end and slice the kernels off with a sharp knife. You'll get about 1 cup fresh kernels from one large ear of corn.

Blend It Up

Too many carrots? Broccoli starting to soften? Want to celebrate the first spring peas? Turn them into a silky smooth soup. They all shine here and once you master this easy method, you can use it for any vegetable you like, including cauliflower, butternut squash, parsnips or celery root. Serve these whipped-up soups as starters or enjoy one with a salad and crusty bread for a simple meal.

Pureed Vegetable Soup

ACTIVE: 35-45 MIN **TOTAL:** 35-50 MIN
TO MAKE AHEAD: Refrigerate for up to 4 days or freeze for up to 3 months.

- 1 tablespoon butter
- 1 tablespoon extra-virgin olive oil
- 1 medium onion, chopped
- 1 stalk celery, chopped
- 2 cloves garlic, chopped
- 1 teaspoon chopped fresh thyme or parsley
- Vegetable of choice (*see variations, right*)
- Water (*see variations, right, for amounts*)
- 4 cups reduced-sodium chicken broth, "no-chicken" broth or vegetable broth
- ½ cup half-and-half (optional)
- ½ teaspoon salt
- Ground pepper to taste

1. Heat butter and oil in a large pot over medium heat until the butter melts. Add onion and celery; cook, stirring occasionally, until softened, 4 to 6 minutes. Add garlic and thyme (or parsley); cook, stirring, until fragrant, about 10 seconds.
2. Stir in vegetable of choice. Add water and broth; bring to a lively simmer over high heat. Reduce heat to maintain a lively simmer and cook until the vegetables are very tender. (*See variations, right, for timing.*)
3. Puree the soup with an immersion blender or in batches in a blender until smooth. (Use caution when pureeing hot liquids.) Stir in half-and-half (if using), salt and pepper.
SERVES 8: ABOUT 1 CUP EACH

CARROT SOUP

- 5 cups chopped carrots
- 2 cups water

Simmer for about 25 minutes.

Calories 76, Fat 3g (sat 1g), Cholesterol 4mg, Carbs 10g, Total sugars 5g (added 0g), Protein 3g, Fiber 3g, Sodium 484mg, Potassium 396mg.

POTATO SOUP

- 5 cups chopped peeled potatoes
- 2 cups water

Simmer for about 15 minutes.

Calories 108, Fat 3g (sat 1g), Cholesterol 4mg, Carbs 17g, Total sugars 2g (added 0g), Protein 3g, Fiber 3g, Sodium 444mg, Potassium 522mg.

BROCCOLI SOUP

- 8 cups chopped broccoli (stems and florets)
- 2 cups water

Simmer for about 8 minutes.

Calories 69, Fat 4g (sat 1g), Cholesterol 4mg, Carbs 7g, Total sugars 2g (added 0g), Protein 4g, Fiber 3g, Sodium 458mg, Potassium 348mg.

PEA SOUP

- 6 cups peas (fresh or frozen)
- ½ cup water

Simmer for 1 minute.

Calories 132, Fat 4g (sat 1g), Cholesterol 4mg, Carbs 18g, Total sugars 7g (added 0g), Protein 8g, Fiber 6g, Sodium 433mg, Potassium 405mg.

WHAT IS SOUPING?

"Souping" has gained popularity in recent years as a way to eat clean, lose weight and get healthy. Basically you eat vegetable soup (chunky or pureed) and nothing else for a prescribed amount of time—a day, three days, five days—and poof, you're healthier, slimmer and cleaner from the inside out.

But eating just soup alone doesn't rid your body of toxins. Your body does this naturally, thanks to your liver and kidneys. However, souping does hold some benefits.

Most soups are high in fiber and other nutrients because they contain whole ingredients, and many are naturally lower in sugar because they're packed with veggies. Soup also usually delivers some protein and fat—components lacking in most other cleanses. And many soups—at least the ones *sans* cream—are typically low-calorie and have high water content, so you can fill your belly without racking up the calories.

Most experts say sipping your food compared to chewing is less satisfying and may cause you to eat more later in the day. But what about slurping your meal? Turns out soup can fill you up just as much as solid foods, research shows. And one small study even found those who ate soup reported feeling more full than those who ate a solid meal.

BOTTOM LINE: Souping may help you melt away some of those extra pounds—and it's more nutritionally sound than other cleanses—but it's not a miracle weight-loss elixir.

BY BRIERLEY WRIGHT HORTON, M.S., R.D.

Soups to FREEZE

Make a rainy-day dinner fund by loading up your freezer with soup. Then if your dinner plan is derailed, all you have to do is turn to your freezer for an easy meal. Toss a salad, warm up some bread and dinner is served. And for grab-and-go convenience, freeze single servings to bring for lunch too. Some soups freeze better than others, so turn the page to find out which ones you should stock up on.

THIS PAGE

FREEZE WITH EASE

Whether you want to have single servings for lunch or family-size portions to thaw for a quick dinner, pick a freezer container to fit your needs.

Garden-Fresh Asparagus Soup
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Quick Beef & Barley Soup
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Sweet Potato & Black Bean Chili
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Southwestern Vegetable & Chicken Soup
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Italian Wedding Soup
p. 74

FRESH FINISH

When reheating this garden-green soup, garnish with freshly steamed asparagus tips.

Garden-Fresh Asparagus Soup

ACTIVE: 35 MIN **TOTAL:** 50 MIN

TO MAKE AHEAD: Refrigerate for up to 3 days or freeze for up to 6 months.

Enjoy spring asparagus all year with this lemony-and-curry-spiked soup. Because it gets its richness from "lite" coconut milk and potatoes, not cream, it freezes beautifully.

- 2 tablespoons butter
- 2 tablespoons extra-virgin olive oil
- 1 medium onion, finely chopped
- ½ teaspoon salt, divided
- ½ teaspoon curry powder
- ¼ teaspoon ground ginger
- Zest and juice of 1 lemon, divided
- 2 cups diced peeled red potatoes
- 3 cups low-sodium vegetable *or* chicken broth
- 1 cup "lite" coconut milk
- 2 cups ½-inch pieces trimmed asparagus (about 1 bunch), plus extra tips for garnish
- Ground pepper to taste

1. Melt butter and oil in a large saucepan over medium heat. Add onion and ¼ teaspoon salt and cook, stirring often, until golden, about 5 minutes. Stir in curry powder, ginger, lemon zest and potatoes and simmer, stirring occasionally, for 5 minutes. Stir in broth, coconut milk and asparagus. Bring to a simmer over medium heat, partially cover and continue to cook until the potatoes are tender, about 15 minutes.

2. Puree the soup with an immersion blender or a regular blender (in batches) until smooth. (Use caution when pureeing hot liquids.) Season with the remaining ¼ teaspoon salt and pepper. Garnish with asparagus tips, if desired.

SERVES 6: 1 GENEROUS CUP EACH

Calories 181, Fat 12g (sat 5g), Cholesterol 10mg, Carbs 15g, Total sugars 3g (added 0g), Protein 5g, Fiber 2g, Sodium 251mg, Potassium 456mg

Quick Beef & Barley Soup

ACTIVE: 40 MIN **TOTAL:** 40 MIN
TO MAKE AHEAD: Refrigerate for up to 3 days or freeze for up to 6 months.

Beef and barley is a classic combo. Here, quick-cooking barley, which cooks in less than half the time of the pearled variety, makes it a breeze to get this soup on the table fast.

- **8 ounces sirloin steak, trimmed and cut into bite-size pieces**
- **½ teaspoon ground pepper, divided**
- **4 teaspoons extra-virgin olive oil, divided**
- **1 medium onion, chopped**
- **1 large stalk celery, sliced**
- **1 large carrot, sliced**
- **2 tablespoons tomato paste**
- **1 tablespoon chopped fresh thyme *or* 1 teaspoon dried**
- **¾ cup quick-cooking barley**
- **4 cups low-sodium beef broth**
- **1 cup water**
- **¼ teaspoon salt**
- **1-2 teaspoons red-wine vinegar**

1. Sprinkle steak with ¼ teaspoon pepper. Heat 2 teaspoons oil in a large pot over medium heat. Add the steak and cook, stirring often, until browned on all sides, about 2 minutes. Transfer to a bowl.

2. Add the remaining 2 teaspoons oil, onion and celery to the pot and cook, stirring, until beginning to soften, about 2 minutes. Add carrot and cook, stirring, for 2 minutes more. Add tomato paste and thyme and cook, stirring, until the vegetables are coated with the tomato paste and are beginning to brown, 1 to 2 minutes.

3. Add barley, broth, water, salt and the remaining ¼ teaspoon pepper; bring to a simmer. Reduce heat to maintain a simmer; cook until the barley is tender, about 15 minutes. Return the beef and any accumulated juice to the pot and heat through, 1 to 2 minutes. Remove from the heat; stir in vinegar to taste.

SERVES 4: ABOUT 1½ CUPS EACH
Calories 273, Fat 9g (sat 2g), Cholesterol 30mg, Carbs 29g, Total sugars 4g (added 0g), Protein 20g, Fiber 5g, Sodium 332mg, Potassium 647mg.

Sweet Potato & Black Bean Chili

ACTIVE: 25 min **TOTAL:** 40 min
TO MAKE AHEAD: Refrigerate for up to 3 days or freeze for up to 6 months; add cilantro just before serving.

Make a double batch of this quick vegetarian chili, eat it for lunch the next day and freeze the extras for another meal. We love the smoky heat from the ground chipotle, but omit it if you prefer a mild chili. Serve with tortilla chips or cornbread and coleslaw.

- **1 tablespoon plus 2 teaspoons extra-virgin olive oil**
- **1 medium-large sweet potato, peeled and diced**
- **1 large onion, diced**
- **4 cloves garlic, minced**
- **2 tablespoons chili powder**
- **4 teaspoons ground cumin**
- **½ teaspoon ground chipotle chile *(see Tip, page 6)***
- **¼ teaspoon salt**
- **2½ cups water**
- **2 15-ounce cans black beans, rinsed**
- **1 14-ounce can diced tomatoes**
- **4 teaspoons lime juice**
- **½ cup chopped fresh cilantro**

1. Heat oil in a large pot over medium-high heat. Add sweet potato and onion and cook, stirring often, until the onion is beginning to soften, about 4 minutes. Add garlic, chili powder, cumin, chipotle and salt and cook, stirring constantly, for 30 seconds. Add water and bring to a simmer. Cover, reduce heat to maintain a gentle simmer and cook until the sweet potato is tender, 10 to 12 minutes.
2. Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat and simmer until slightly thickened, about 5 minutes. Remove from heat and stir in cilantro.
SERVES 4: ABOUT 2 CUPS EACH
Calories 323, Fat 8g (sat 1g), Cholesterol 0mg, Carbs 55g, Total sugars 13g (added 0g), Protein 13g, Fiber 16g, Sodium 573mg, Potassium 1,072mg.

Freezer Smarts

When it comes to saving food, freezers are our best friends. But if you know before you cook that you're going to freeze, you may want to do things a little differently. Here are some handy tips and tricks to make sure your frozen soup tastes as delicious as the day it was made.

COOL DOWN Putting hot soup directly in the freezer can thaw your already-frozen food. To chill things off, place the hot soup pot in an ice-water bath in your sink and stir often. Dividing soup into smaller portions before cooling it will also help speed up the process.

PORTION OUT Turn your big batch of soup into convenient grab-and-go meals by freezing it in individual servings. Quart-size freezer bags (or 4-cup freezer-safe plastic or glass containers) will accommodate a single serving while giving the soup room to expand as it freezes, plus when frozen flat they stack easily. You'll have the perfect amount when you want just one meal—ideal for portion control.

SEPARATE GRAINS AND PASTA Pasta and grains that are in a soup will soak up liquid and soften a bit as they freeze. If you like them al dente, cook and freeze pasta and grains separately from the soup and before serving add more broth as needed.

HOLD THE DAIRY Dairy tends to separate and become grainy when frozen and reheated. Leave it out of the soup but write on the bag how much to add after reheating so you don't have to root around for the recipe later on.

KEEP VEGETABLES AL DENTE Cook your vegetables until they're just tender and still a bit crisp. They'll be perfect for your bowl for dinner but they'll also stay firm when frozen and reheated.

LABEL, LABEL, LABEL Food can disappear into a freezer like it's in the Bermuda Triangle. To minimize the mystery, label soups with the recipe name, the date it was made and reheating and garnishing instructions so you remember where you left off.

SAVE THE GARNISH Leave garnishes, such as chopped fresh herbs or nuts, off before freezing. When frozen, herbs lose their savory oomph and nuts lose their crunch.

Southwestern Vegetable & Chicken Soup

ACTIVE: 1 HR **TOTAL:** 1½ HRS

TO MAKE AHEAD: Prepare through Step 4 and refrigerate for up to 3 days or freeze for up to 6 months; add cilantro and lime juice just before serving.

To make this chicken soup heartier, add cooked rice, quinoa or whole-wheat noodles after you reheat it.

- **2 medium poblano peppers**
- **2 teaspoons canola oil**
- **12 ounces boneless, skinless chicken thighs, trimmed, cut into bite-size pieces**
- **4 cloves garlic, minced**
- **1½ cups chopped onion (1 large)**
- **1½ cups chopped red *or* green bell pepper (1 large)**
- **1½ cups green beans, cut into ¼-inch pieces, fresh *or* frozen, thawed**
- **1 tablespoon chili powder**
- **1½ teaspoons ground cumin**
- **6 cups reduced-sodium chicken broth**
- **1 15-ounce can black beans *or* pinto beans, rinsed**
- **1 14-ounce can diced tomatoes**
- **4 cups chopped chard *or* spinach**
- **1½ cups corn kernels, fresh *or* frozen, thawed**
- **½ cup chopped fresh cilantro**
- **½ cup fresh lime juice, plus lime wedges for serving**

1. To roast poblanos: Position oven rack about 5 inches from the heat source; preheat broiler. Line the broiler pan with foil. Broil poblanos, turning once, until starting to blacken, 8 to 12 minutes. Transfer to a paper bag and let steam to loosen skins, about 10 minutes. When the poblanos are cool enough to handle, peel, seed, stem and coarsely chop; set aside.

2. Meanwhile, heat oil in a large pot over medium-high heat. Add chicken and cook, stirring occasionally, until lightly browned, 3 to 5 minutes. Transfer to a plate and set aside.

3. Reduce heat to medium and add garlic, onion, bell pepper and green beans. Cook, stirring, until beginning to soften, 5 to 7 minutes. Stir in chili powder and cumin and cook, stirring, until fragrant, about 30 seconds. Stir in broth, beans, tomatoes and the chopped poblanos; bring to a boil. Reduce heat to maintain a simmer and cook, stirring occasionally, until the vegetables are tender, about 15 minutes.

4. Add the reserved chicken and any accumulated juices, chard (or spinach) and corn; return to a simmer and cook for 15 minutes more to blend flavors.

5. Top each portion with 1 tablespoon each cilantro and lime juice; serve with lime wedges.

SERVES 8: ABOUT 1½ CUPS EACH

Calories 184, Fat 5g (sat 1g), Cholesterol 39mg, Carbs 24g, Total sugars 8g (added 0g), Protein 15g, Fiber 6g, Sodium 601mg, Potassium 806mg.

Italian Wedding Soup

ACTIVE: 1 HR **TOTAL:** 1½ HRS

TO MAKE AHEAD: Refrigerate for up to 3 days or freeze for up to 6 months; top with cheese just before serving.

The meatballs in this soup are delicious on their own. If you like, double the meatball part of the recipe and freeze them to serve with spaghetti and sauce later for a last-minute Italian dinner.

MEATBALLS

- **1 pound ground turkey breast**
- **1 cup fresh whole-wheat breadcrumbs *(see Tip, opposite)***
- **1 large egg, lightly beaten**
- **¼ cup finely chopped fresh parsley**
- **2 cloves garlic, minced**
- **1 tablespoon Worcestershire sauce**
- **½ teaspoon crushed fennel seeds**
- **½ teaspoon ground pepper**
- **¼ teaspoon salt**
- **2 teaspoons extra-virgin olive oil**
- **½ cup dry white wine**

SOUP

- **1 tablespoon extra-virgin olive oil**
- **1 cup chopped onion (1 medium)**
- **1 cup chopped carrots (2 medium)**
- **1 cup chopped celery (2 medium stalks)**
- **4 cups chopped cabbage (about ½ small head)**
- **8 cups low-sodium chicken broth**
- **1 15-ounce can white beans, rinsed**
- **8 cups coarsely chopped escarole *or* thinly sliced kale leaves (about 1 bunch)**
- **½ cup freshly grated Romano cheese**

1. To prepare meatballs: Combine turkey, breadcrumbs, egg, parsley, garlic, Worcestershire, fennel seeds, pepper and salt in a large bowl. Refrigerate for 10 minutes to firm up. With damp hands, shape the mixture into 32 meatballs (about 1 scant tablespoon each).

2. Heat 2 teaspoons oil in a large nonstick skillet over medium heat. Add the meatballs and cook, turning occasionally, until browned on all sides, 7 to 9 minutes. Remove from the heat and add wine, stirring gently to loosen any browned bits.

3. To prepare soup: Heat 1 tablespoon oil in a large pot over medium heat. Add onion, carrots and celery and cook, stirring, until the onion is translucent, 7 to 9 minutes. Add cabbage and cook, stirring, 5 minutes more. Stir in broth, beans, escarole (or kale) and the meatballs and any accumulated juices. Bring just to a boil, reduce heat to maintain a simmer and cook, stirring occasionally, until the vegetables are tender, 20 to 25 minutes. Top each portion with 1 tablespoon Romano.

SERVES 8: ABOUT 1¾ CUPS EACH WITH 4 MEATBALLS

Calories 284, Fat 11g (sat 4g), Cholesterol 60mg, Carbs 23g, Total sugars 5g (added 0g), Protein 24g, Fiber 6g, Sodium 523mg, Potassium 870mg.

Tip: *To make your own fresh breadcrumbs, trim crusts from whole-wheat bread. Tear bread into pieces and process in a food processor until coarse crumbs form. To make fine breadcrumbs, process until very fine. To make dry breadcrumbs, spread coarse or fine breadcrumbs on a baking sheet and bake at 250°F until dry, about 10 to 15 minutes. One slice of bread makes about ½ cup fresh breadcrumbs or about ⅓ cup dry breadcrumbs.*

Breadsticks, Hacked

Here's how to put bakery-fresh breadsticks beside your bowl of soup without a lick of mixing or kneading. Start with store-bought whole-wheat pizza dough and combine with one of these 8 flavor-sprinkle options. Homemade soup and bread? It's not as hard as you think.

Chives (3 Tbsp) + Garlic Powder (1 Tbsp)
Pecorino Cheese (3 Tbsp)+ Italian Seasoning (1 Tbsp)
Manchego Cheese (3 Tbsp) + Chili Powder (1 Tbsp)
Rosemary + Garlic Powder (3 Tbsp each)

Breadsticks 8 Ways

ACTIVE: 25 MIN **TOTAL:** 45 MIN

For a crispier texture more like grissini, roll the breadsticks long and thin and bake them until golden.

- **1 pound pizza dough, preferably whole-wheat**
- **1½ tablespoons extra-virgin olive oil**
- **4 tablespoons topping combination (*see variations*)**

1. Arrange racks in upper and lower thirds of oven; preheat to 400°F. Line 2 baking sheets with parchment paper or coat with cooking spray.

2. Divide dough into 16 equal pieces and roll each into a 12- to 14-inch-long breadstick. Place the breadsticks at least ½ inch apart on the baking sheets. Brush with oil and sprinkle with topping, pressing if necessary to help it stick.

3. Bake the breadsticks on the upper and lower racks, switching the pans halfway through, until light brown, 15 to 20 minutes. Transfer to wire racks to cool.

MAKES 16: 1 EACH

Nutrition information on page 95

CREAMY

Soup Makeovers

Creamy usually means loaded with calories. Not these recipes! With a few tricks, you can have a creamy soup that's rich and comforting but way better for you.

THIS PAGE

CREAM OF TURKEY + WILD RICE SOUP

With more vegetables than your typical version, this Minnesota favorite is a healthy choice—sour cream and all.

Cream of Turkey & Wild Rice Soup
p. 80

Broccoli-Cheddar Chicken Chowder
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Potato-Leek Bisque
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Cream of Mushroom & Barley Soup
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Clam Chowder
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Cream of Turkey & Wild Rice Soup

(PHOTO: PAGE 78)

ACTIVE: 35 MIN **TOTAL:** 35 MIN

This healthier twist on turkey and wild rice soup gets a touch of richness from reduced-fat sour cream instead of heavy cream.

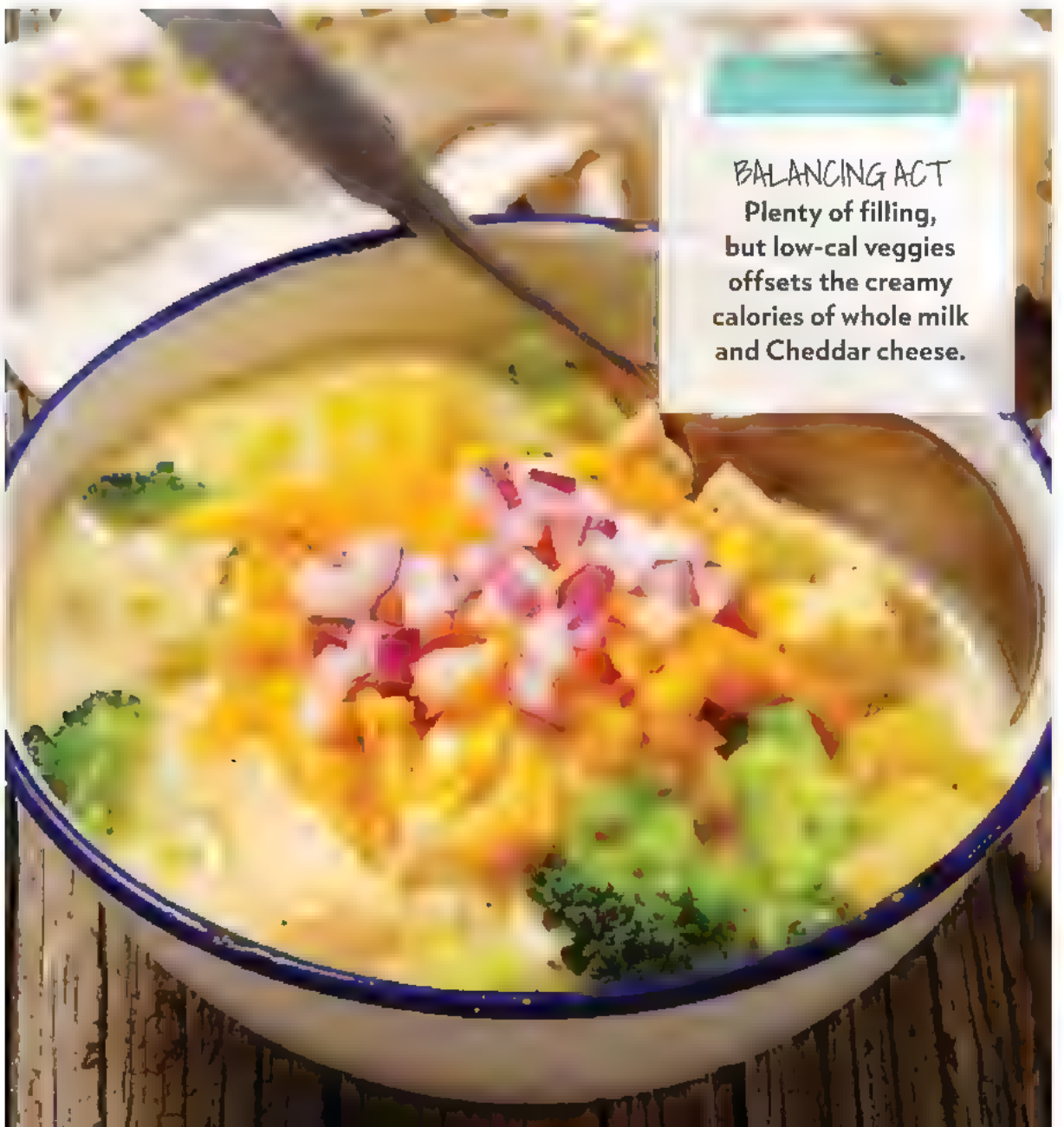
- **1 tablespoon extra-virgin olive oil**
- **2 cups sliced mushrooms (about 4 ounces)**
- **¾ cup chopped celery**
- **¾ cup chopped carrots**
- **¼ cup chopped shallots**
- **¼ cup all-purpose flour**
- **¼ teaspoon salt**
- **¼ teaspoon ground pepper**
- **4 cups low-sodium chicken broth**
- **1 cup quick-cooking *or* instant wild rice (*see Tip*)**
- **3 cups shredded cooked turkey *or* chicken (12 ounces)**
- **½ cup reduced-fat sour cream**
- **2 tablespoons chopped fresh parsley**

1. Heat oil in a large saucepan over medium heat. Add mushrooms, celery, carrots and shallots and cook, stirring, until softened, about 5 minutes. Add flour, salt and pepper and cook, stirring, for 2 minutes more.

2. Add broth and bring to a boil, scraping up any browned bits. Add rice and reduce heat to a simmer. Cover and cook until the rice is tender, 5 to 7 minutes. Stir in turkey (or chicken), sour cream and parsley and cook until heated through, about 2 minutes more.

SERVES 4: ABOUT 1¾ CUPS EACH
Calories 378, Fat 11g (sat 4g), Cholesterol 80mg, Carbs 29g, Total sugars 3g (added 0g), Protein 37g, Fiber 3g, Sodium 364mg, Potassium 748mg.

Tip: *Conventional wild rice takes 40 to 50 minutes to cook but quick-cooking or instant wild rice has been parboiled to reduce the cooking time to just 5 minutes. Be sure to check the cooking directions when selecting your rice—some brands labeled "quick" may take up to 30 minutes. If you can't find the quick-cooking variety, add 3 cups of cooked conventional wild rice along with the turkey at the end of Step 2.*



BALANCING ACT
Plenty of filling, but low-cal veggies offsets the creamy calories of whole milk and Cheddar cheese.

Broccoli-Cheddar Chicken Chowder

ACTIVE: 45 MIN **TOTAL:** 45 MIN
TO MAKE AHEAD: Refrigerate for up to 3 days.

Make this cheesy, chicken-y chowder at home and you'll save up to 300 calories and 500 milligrams of sodium compared to many store-bought or restaurant versions.

- **3 tablespoons extra-virgin olive oil**
- **1 cup diced onion**
- **1 cup diced celery**
- **½ cup all-purpose flour**
- **1 teaspoon dry mustard**
- **¼ teaspoon salt**
- **¼ teaspoon ground pepper**
- **4 cups low-sodium chicken broth**
- **1 cup whole milk**
- **3 cups chopped broccoli florets**
- **2 cups diced yellow potatoes**
- **1 pound boneless, skinless chicken breasts, trimmed and cut into bite-size pieces**
- **1 cup shredded Cheddar cheese, plus more for garnish**
- **Finely diced red onion for garnish**

1. Heat oil in a large pot over medium heat. Add onion and celery; cook, stirring frequently, until softened and beginning to brown, 3 to 6 minutes. Sprinkle flour, dry mustard, salt and pepper over the vegetables and cook, stirring, for 1 minute more. Add broth and milk; bring to a gentle boil, stirring constantly.

2. Stir in broccoli and potatoes and bring just to a simmer. Simmer, uncovered, stirring occasionally, until the potatoes are tender, 12 to 15 minutes.

3. Add chicken and 1 cup Cheddar and cook, stirring frequently, until chicken is cooked through, 4 to 6 minutes. Serve topped with a little more Cheddar and red onion, if desired.

SERVES 6: ABOUT 1½ CUPS EACH
Calories 368, Fat 18g (sat 6g), Cholesterol 65mg, Carbs 25g, Total sugars 4g (added 0g), Protein 28g, Fiber 3g, Sodium 347mg, Potassium 722mg.

SPECTACULAR SPUDS

Just a few pulses from a blender turns potatoes, broth and milk into a creamless yet creamy soup base.

Potato-Leek Bisque

ACTIVE: 50 MIN **TOTAL:** 50 MIN
TO MAKE AHEAD: Refrigerate bisque and croutons separately for up to 3 days.

Croutons topped with anchovy, olives and leek are a crunchy, savory foil to the soup. But skip them if you like and stir all the cooked leeks into the soup instead.

BISQUE

- 2 tablespoons extra-virgin olive oil
- 3 pounds leeks, white and light green parts only, sliced (*see Tip*)
- ¾ teaspoon kosher salt, divided
- 1½ pounds yellow potatoes, peeled and diced
- 3 cups nonfat or low-fat milk
- 2 cups low-sodium chicken broth
- 3 tablespoons lemon juice
- ¼ teaspoon ground white pepper, or to taste
- Thinly sliced fresh chives for garnish

CROUTONS

- ¼ cup minced pitted oil-cured olives
- 3 anchovies, minced
- ¼ teaspoon ground pepper
- 8 slices baguette, preferably whole-wheat, toasted

1. To prepare bisque: Heat oil in a large pot over medium heat. Add leeks and ¼ teaspoon salt. Cook, stirring occasionally, until very tender but not brown, 20 to 30 minutes. Adjust heat as necessary and add a bit of water if needed to prevent sticking. Set aside ⅓ cup of the leeks in a small bowl.

2. Add potatoes, milk and broth to the pot. Bring to a simmer (do not boil) and cook, stirring occasionally, until the potatoes are very tender, 10 to 15 minutes.

3. To prepare croutons: Meanwhile, add olives, anchovies and black pepper to the reserved leeks; mix well. Divide evenly among the toasted baguette slices.

4. When the potatoes are tender, remove from the heat. Puree the soup with an immersion blender or in batches in a regular blender. (Use caution when pureeing hot liquids.) Season with the remaining ½ teaspoon salt, lemon juice and white pepper. Divide among 8 soup bowls and float a crouton on top of each. Garnish with chives and freshly ground pepper, if desired.

SERVES 8: ABOUT 1 CUP EACH
Calories 282, Fat 6g (sat 1g), Cholesterol 3mg, Carbs 49g, Total sugars 9g (added 0g), Protein 10g, Fiber 3g, Sodium 507mg, Potassium 607mg.

Tip: *To clean leeks, trim and discard green tops and white roots. Split leeks lengthwise and place in plenty of water. Swish the leeks in the water to release any sand or soil trapped between the layers. Scoop them out of the bowl with a slotted spoon. Drain. Repeat until no grit remains.*

Cream of Mushroom & Barley Soup

ACTIVE: 50 min **TOTAL:** 1¼ hrs
TO MAKE AHEAD: Prepare soup through Step 4. Refrigerate the soup and cooked barley separately for up to 3 days. To serve, combine (Step 5) and reheat.

This mushroom soup uses the soaking liquid from dried, earthy porcini mushrooms to give it a "secret" kick of flavor. Plus, barley triples the fiber.

- ½ cup pearl barley
- 4½ cups low-sodium chicken broth or mushroom broth, divided
- 1 ounce dried porcini mushrooms
- 2 cups boiling water
- 2 teaspoons butter
- 1 tablespoon extra-virgin olive oil
- 1 cup minced shallots (about 4 medium)
- 8 cups sliced white mushrooms (about 20 ounces)
- 2 stalks celery, finely chopped
- 1 tablespoon minced fresh sage or 1 teaspoon dried
- ½ teaspoon salt
- ½ teaspoon ground pepper
- 2 tablespoons all-purpose flour
- 1 cup dry sherry (see *Tip*)
- ½ cup reduced-fat sour cream
- ¼ cup minced fresh chives

1. Bring barley and 1½ cups broth to a boil in a small saucepan over high heat. Cover, reduce heat to low and simmer until tender, 30 to 35 minutes.

2. Meanwhile, combine porcinis and boiling water in a medium bowl and soak until softened, about 20 minutes. Line a sieve with paper towels, set it over a bowl and pour in mushrooms and soaking liquid. Reserve the soaking liquid. Transfer the mushrooms to a cutting board and finely chop.

3. Heat butter and oil in a large pot over medium-high heat. Add shallots and cook, stirring often, until softened, about 2 minutes. Add white mushrooms and cook, stirring often, until they start to brown, 8 to 10 minutes. Add the porcinis, celery, sage, salt and pepper and cook, stirring often, until beginning to soften, about 3 minutes. Sprinkle flour over the vegetables and cook, stirring, until the flour is incorporated, about 1 minute. Add sherry and cook, stirring, until most of the sherry has evaporated, about 1 minute.

4. Add the soaking liquid and the remaining 3 cups broth; increase heat to high and bring to a boil. Reduce heat and simmer, stirring occasionally, until the soup has thickened, 18 to 22 minutes.

5. Add the cooked barley and continue cooking, stirring occasionally, until heated through, about 5 minutes more. Stir in sour cream until incorporated. Garnish with chives.

SERVES 4: ABOUT 1¾ CUPS EACH
Calories 368, Fat 12g (sat 5g), Cholesterol 17mg, Carbs 44g, Total sugars 5g (added 0g), Protein 17g, Fiber 8g, Sodium 437mg, Potassium 1,045mg

Tip: *Sherry is a type of fortified wine originally from southern Spain. Don't use the "cooking sherry" sold in many supermarkets—it can be surprisingly high in sodium. Instead, purchase dry sherry that's sold with other fortified wines in your wine or liquor store.*

Clam Chowder

ACTIVE: 45 MIN **TOTAL:** 45 MIN
TO MAKE AHEAD: Refrigerate for up to 3 days, slowly reheat over medium-low or microwave on Medium power.

You don't need heavy cream to make a chowder velvety. Here we've done the job by thickening whole milk with flour.

- **3 tablespoons extra-virgin olive oil**
- **1 cup diced onion**
- **1 cup diced celery**
- **½ cup all-purpose flour**
- **½ teaspoon dried thyme**
- **¼ teaspoon salt**
- **¼ teaspoon ground pepper**
- **1 bay leaf**
- **4 cups clam juice (*see Tip*) *or* seafood stock**
- **1 cup whole milk**
- **3 cups diced white potatoes**
- **1 16-ounce container chopped fresh clams (plus their liquid), thawed if frozen**
- **Chopped cooked bacon for garnish**
- **Snipped chives for garnish**

1. Heat oil in a large pot over medium heat. Add onion and celery; cook, stirring frequently, until softened and beginning to brown, 3 to 6 minutes. Sprinkle flour, thyme, salt, pepper and bay leaf over the vegetables and cook, stirring, for 1 minute more. Add clam juice (or seafood stock) and milk; bring to a gentle boil, stirring constantly.
2. Stir in potatoes and bring just to a simmer. Simmer, uncovered, stirring occasionally, until the potatoes are tender, 12 to 15 minutes.
3. Add clams and cook, stirring frequently, until cooked through, 2 to 4 minutes. Serve topped with bacon and chives, if desired.
SERVES 6: ABOUT 1½ CUPS EACH
Calories 237, Fat 9g (sat 2g), Cholesterol 24mg, Carbs 27g, Total sugars 4g (added 0g), Protein 15g, Fiber 2g, Sodium 359mg, Potassium 664mg.

Tip: *You'd think cream alone would be the problem in a makeover of clam chowder, but sodium is also a sneaky troublemaker. To keep salt in check, look for a low-sodium clam juice, such as Bar Harbor brand.*

SO LONG, SODIUM
Compared to a traditional version, this makeover of New England's favorite creamy soup has less than half the sodium.

From the PANTRY

Inspiration for making soup on the fly can be found in a well-stocked pantry. Canned beans and tomatoes, broth, onions and garlic are just a few of the essentials. Here are our favorite soups that get their start with nothing more than what you have on hand.

THIS PAGE

MISO VEGETABLE SOUP

The blend of vegetables in a single bag of frozen stir-fry mix gives you all-in-one convenience when making this Japanese-style soup.

White Bean Soup
p. 86

Quick Tomato Soup
p. 87

Southwestern Three-Bean & Barley Soup
p. 88

Miso Vegetable Soup
p. 88

White Bean Soup

ACTIVE: 30 MIN **TOTAL:** 2½ HRS

Creamy white beans provide the heart and protein in this simple, flavorful soup. The recipe calls for dried beans, but to make it in under 30 minutes, you can use four cans of your favorite white beans (rinse well to cut the sodium in the canning liquid).

- 1 pound dried white beans, sorted, soaked overnight
- 4 tablespoons extra-virgin olive oil
- 2 large onions, finely chopped
- 3 stalks celery, finely chopped
- 3 large carrots, finely chopped
- 8 cups water
- 4 large ripe tomatoes, peeled and mashed, *or* 1 tablespoon tomato paste
- 2 teaspoons dried oregano
- 1 teaspoon salt
- ⅛ teaspoon cayenne pepper
- Ground pepper to taste

1. Drain beans and rinse. Place in a large pot of boiling water and cook until tender, about 1½ hours. Drain.
2. Heat oil in a large pot over medium heat. Add onions, celery and carrots; cook, occasionally until soft, 3 to 5 minutes. Add cooked beans, tomatoes, oregano, salt, cayenne and pepper; simmer until the vegetables are tender, about 20 minutes.

SERVES 8: 1½ CUPS EACH

Calories 350 Fat 10g Cholesterol 0mg Carbs 52g Total Sugars 7g (Added Sugars 0g) Protein 16g Fiber 16g Sodium 670mg Potassium 1760mg

Quick Tomato Soup

ACTIVE: 25 MIN **TOTAL:** 35 MIN
TO MAKE AHEAD: Cover and refrigerate for up to 4 days or freeze for up to 3 months.

Tomato soup is perfect paired with your favorite cheese toast (see page 14). A little butter mixed with the oil in this recipe brings a luxurious homemade flavor to each bowl.

- 1 tablespoon butter
- 1 tablespoon extra-virgin olive oil
- 1 medium onion, chopped
- 1 stalk celery, chopped
- 2 cloves garlic, chopped
- 1 teaspoon chopped fresh thyme *or* parsley, plus more for garnish
- 1 28-ounce can whole peeled tomatoes
- 1 14-ounce can whole peeled tomatoes
- 4 cups low-sodium chicken, "no-chicken" (*see Tip*) *or* vegetable broth
- ½ cup half-and-half (optional)
- ½ teaspoon salt
- Ground pepper to taste

1. Heat butter and oil in a large pot over medium heat until the butter melts. Add onion and celery; cook, stirring occasionally, until softened, 4 to 6 minutes. Add garlic and thyme (or parsley); cook, stirring, until fragrant, about 10 seconds.
2. Stir in canned tomatoes with their juices. Add broth; bring to a lively simmer over high heat. Reduce heat to maintain a lively simmer and cook for 10 minutes.
3. Puree with an immersion blender or in batches in a blender. (Use caution when pureeing hot liquids.) Stir in half-and-half (if using), salt and pepper. Garnish with thyme (or parsley), if desired.
SERVES 4: ABOUT 2 CUPS EACH
Calories 158, Fat 9g (sat 3g), Cholesterol 8mg, Carbs 17g, Total sugars 8g (added 0g), Protein 8g, Fiber 5g, Sodium 715mg, Potassium 851mg.

Tip: *Chicken-flavored broth, a vegetarian broth despite its name, is preferable in some recipes for its hearty, rich flavor. Sometimes called "no-chicken" broth, it can be found with the soups in the natural-foods section or broth section of most supermarkets.*

DO THE CAN CAN
Canned tomatoes have a higher concentration of cancer-fighting lycopene than fresh.

Southwestern Three-Bean & Barley Soup

ACTIVE: 30 MIN **TOTAL:** 2¼ HRS
TO MAKE AHEAD: Cover and refrigerate for up to 3 days.

A trio of beans and toothsome barley give this meatless soup a meaty and satisfying feeling. Serve garnished with chopped fresh cilantro, a dollop of yogurt and a squeeze of lime, if desired.

- **1 tablespoon extra-virgin olive oil**
- **1 large onion, diced**
- **1 large stalk celery, diced**
- **1 large carrot, diced**
- **9 cups water**
- **4 cups low-sodium vegetable, "no-chicken" *or* chicken broth**
- **½ cup pearl barley**
- **⅓ cup dried black beans**
- **⅓ cup dried great northern beans**
- **⅓ cup dried kidney beans**
- **1 tablespoon chili powder**
- **1 teaspoon ground cumin**
- **½ teaspoon dried oregano**
- **¾ teaspoon salt**

Heat oil in a large pot over medium heat. Add onion, celery and carrot and cook, stirring occasionally, until softened, about 5 minutes. Add water, broth, barley, black beans, great northern beans, kidney beans, chili powder, cumin and oregano. Bring to a lively simmer over high heat. Reduce heat to maintain a simmer and cook, stirring occasionally, until the beans are tender, 1¾ to 2½ hours (adding more water, ½ cup at a time, if desired). Season with salt.
SERVES 6: ABOUT 1⅓ CUPS EACH
Calories 205, Fat 3g (sat 1g), Cholesterol 0mg, Carbs 36g, Total sugars 3g (added 0g), Protein 9g, Fiber 11g, Sodium 455mg, Potassium 466mg.

ALL SPICED
Southwestern flavor is only a few jars away with this familiar blend of chili powder, cumin and oregano.

Miso Vegetable Soup

(PHOTO: PAGE 84)
ACTIVE: 15 MIN **TOTAL:** 30 MIN
TO MAKE AHEAD: Cover and refrigerate for up to 2 days.

We've taken the idea of that plain little bowl of soup that's often served as a starter at Japanese restaurants and enriched it with plenty of hunger-quelling veggies and rice.

- **2 cups water plus 3 tablespoons, divided**
- **2 tablespoons white rice**
- **2 cups frozen stir-fry vegetables**
- **1 12-ounce package shelf-stable extra-firm silken tofu, cut into small cubes (*see Tip*)**
- **2 tablespoons miso *(see Tip, page 30)***
- **2 scallions, thinly sliced**
- **1 teaspoon rice vinegar, or to taste**
- **½-1 teaspoon sugar**

1. Bring 2 cups water and rice to a boil in a large saucepan over high heat. Cover, reduce heat to a gentle simmer and cook until the rice is just tender, 12 to 15 minutes.
2. Add stir-fry vegetables to the pot, increase heat to high and bring to a boil. Cook until the vegetables are heated through, stirring occasionally, 2 to 3 minutes. Add tofu and cook until heated through, about 2 minutes. Remove from heat.
3. Combine miso and the remaining 3 tablespoons water in a small bowl and stir to dissolve. Add the miso mixture to the soup along with scallions, vinegar and sugar to taste and stir to combine.
SERVES 2: 2½ CUPS EACH
Calories 208, Fat 4g (sat 1g), Cholesterol 0mg, Carbs 26g, Total sugars 6g (added 1g), Protein 18g, Fiber 4g, Sodium 774mg, Potassium 515mg.

Tip: *Look for shelf-stable silken tofu in the Asian foods section or near shelf-stable soymilk in well-stocked supermarkets.*

Soup Pantry Staples

Keeping a few ingredients on hand means you can whip up a pot of soup anytime. See what we keep stocked to help throw together a meal without leaving your house.

PANTRY

- Broth:
  - low-sodium chicken,
  - beef,
  - mushroom,
  - "no-chicken"
  - and/or vegetable
- Dried herbs
- Spices
- Canned tomatoes
- Tomato paste
- Reduced-sodium soy sauce
- Salsa
- Whole-wheat pasta
- Brown rice
- Barley
- Quinoa
- Wild rice
- Bulgur
- Farro
- Canned or dried beans
- Shelf-stable tofu
- Garlic
- Potatoes
- Onions
- Olive oil
- Vinegar
- Peanut butter

REFRIGERATOR

- Celery
- Carrots
- Miso
- Hot sauce
- Sesame oil
- Nonfat or low-fat milk
- Lemons & limes
- Parmesan cheese
- Yogurt

FREEZER

- Corn
- Peas
- Spinach
- Lima beans
- Edamame
- Broccoli
- Pearl onions
- Chopped onions
- Stir-fry mix

Stock Up

The "mother" ingredient for most soups is broth. We call for chicken and vegetable broth most frequently because they're so versatile. Beef, mushroom and seafood broth are reserved for soups that benefit from their stronger flavors.

1 Broth vs. Stock

Everyone agrees that both stock and broth contain the same base of vegetables (carrots, celery, onions), herbs and water. But some definitions specify that "stock" is then made with bones and "broth" without them. We use the terms interchangeably.

2 Shop Smart

Broth will be the foundation of flavor in your soup, so the most important thing is to find one that pleases your palate. Most store-bought broth is high in sodium, delivering close to 1,000 mg per cup! Look for stock or broth labeled "reduced-sodium" (averaging 500 mg/cup), "no-salt-added" (averaging 200 mg/cup) or "low-sodium" (140 mg or less/cup). Some brands are lower in sodium, but not labeled as such—check the nutrition panel to compare. And remember, you can always add more salt if you want.

3 Got Extra Broth?

Extra broth will keep in the fridge for up to 2 weeks and for 6 months in the freezer. Here are some ways to use it up.

- Use instead of water to cook whole grains, such as brown rice, quinoa or barley.
- Moisten leftovers before reheating or use to make a savory bread pudding.
- Swap for water when steaming vegetables.
- Mash into potatoes instead of cream.
- Deglaze your pans—i.e., scrape up the browned bits—with broth instead of wine.
- Make gravy. Combine broth with flour or cornstarch, then whisk it into your pan drippings.

Simple Vegetable Broth

ACTIVE: 20 MIN **TOTAL:** 2 HRS

This easy broth made with carrots, onions, celery, potatoes and herbs provides subtle, earthy flavor for meatless soups and stews. (Recipe by Anna Thomas for EatingWell.)

- **8 medium carrots, peeled**
- **2 large onions, peeled**
- **6 stalks celery**
- **2 large leeks, trimmed and thoroughly washed** *(see Tip, page 83)*
- **4 small potatoes, scrubbed but not peeled**
- **1 cup coarsely chopped parsley (about 1 large bunch)**
- **4 teaspoons fresh thyme leaves *or* 2 teaspoons dried**
- **2 bay leaves**
- **2 teaspoons salt, or more to taste**
- **2 teaspoons whole black peppercorns**
- **4 quarts (16 cups) water**

1. Chop carrots, onions, celery and leeks into 1- to 2-inch chunks; leave the potatoes whole. Combine the vegetables with the remaining ingredients in a soup pot or stockpot. Bring to a boil. Reduce heat to maintain a simmer and simmer for 1 hour.

2. Strain the broth through a colander, then once more through a fine sieve. If the broth tastes weak, pour it back into the pot and simmer until reduced to a flavor you prefer, 20 to 30 minutes more.

MAKES: ABOUT 3 QUARTS (12 CUPS)

Ana ysis note: After straining and skimming, stock has negligible calories and nutrients.

Rich Homemade Chicken Stock

ACTIVE: 15 MIN **TOTAL:** 4¼ HRS
TO MAKE AHEAD: Refrigerate for up to 1 week or freeze for up to 3 months.

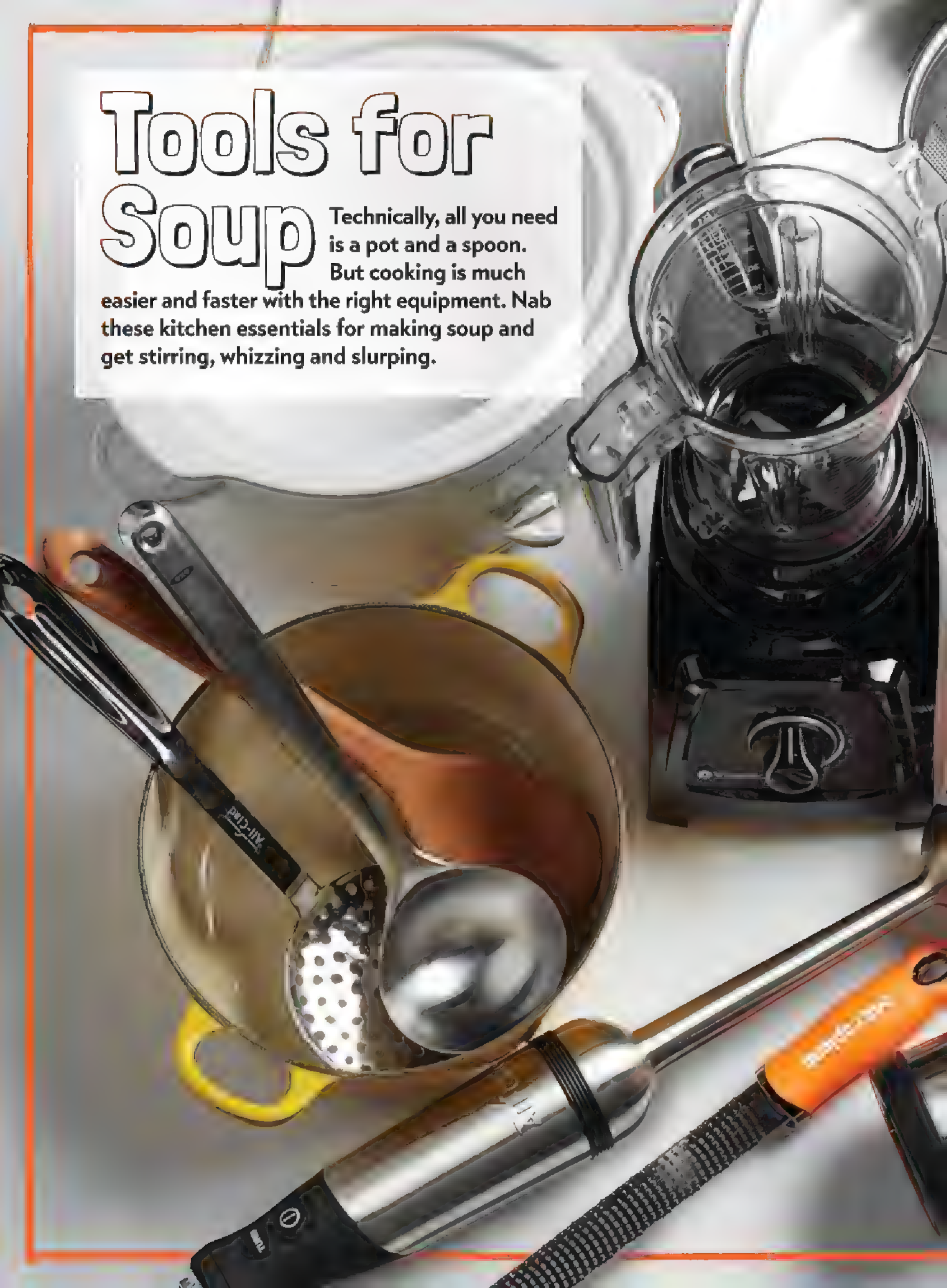
We love using store-bought chicken broth for its convenience, but making your own is easier than you think and the full flavor is worth the effort. In this recipe, we use economical chicken leg quarters and simmer the stock long enough to develop an ultra-rich taste. Plus, there's no added sodium in the recipe—just salt to your personal preference. If you have two stockpots or other large pots, consider making two batches and freezing one—you'll be happy you did.

- **4 pounds chicken leg quarters, cut in half**
- **1 small carrot, cut into 2-inch pieces**
- **1 small stalk celery, cut into 2-inch pieces**
- **1 small onion, peeled and cut into eighths**
- **6 sprigs fresh parsley**
- **2 sprigs fresh thyme**
- **1 bay leaf**
- **1 clove garlic, crushed and peeled**
- **20 whole peppercorns**
- **20 cups water**

1. Place chicken, carrot, celery, onion, parsley, thyme, bay leaf, garlic and peppercorns in a stockpot or large pot (10-quart capacity). Add water. Bring to a boil over high heat, then reduce heat to maintain a simmer. Skim any foam and fat that rises to the surface. Simmer for 4 hours.
2. Place a colander over a large bowl and strain the stock, pressing on the solids to release as much liquid as possible.
3. If not using immediately, cool the stock quickly by placing the bowl into a larger bowl of ice water. Once at room temperature, remove from the ice water, cover loosely and refrigerate overnight.
4. Use a spoon to remove the congealed fat from the surface of the chilled stock, then store in an airtight container (or containers).
MAKES: 8 CUPS
Analysis note: After straining and skimming, stock has negligible calories and nutrients.

Tools for Soup

Technically, all you need is a pot and a spoon. But cooking is much easier and faster with the right equipment. Nab these kitchen essentials for making soup and get stirring, whizzing and slurping.



Upgrade your SOUP-MAKING game with these 12 tools

STOCKPOT Typically much taller than a large pot, stockpots can hold up to a whopping 20 quarts. The tall sides prevent too much liquid from evaporating during the long cooking times needed to make a rich-tasting broth. They're also great for making extra-large batches of soup.

CHINOIS OR CHINA CAP STRAINER Serious soup makers need serious sieves. These large conical strainers are made of a very fine mesh or perforated metal. Deeper than your typical colander, you can really load them up to strain broths or make soups smooth.

STORAGE CONTAINERS Soup recipes are great for doubling and some even taste better as leftovers. For storing and transporting soup, we like glass containers with lids that snap to form a tight seal. Glass containers allow you to see what's inside, can go in the microwave and last longer than plastic. Look for containers with BPA-free lids.

HIGH-POWERED BLENDER While any blender will work, high-powered blenders, such as a Vitamix or Oster Versa, create the smoothest soups. The stronger motors pulverize ingredients quicker and whip air into the mixture, creating a light and fluffy texture. Plus, new models often have an oversized pitcher, so you don't have to puree in batches.

LONG-HANDLED WOODEN SPOON Unlike metal, this tool stays cool as you stir your soup and won't scratch your pot, especially if you have any bits stuck to the bottom you need to scrape up.

LADLE With a deep, rounded bottom, large soup ladles mean fewer trips from pot to bowl. If you're watching your portion size, purchase one that has cup measures inside the ladle so you know how much you're eating. If your ladle isn't labeled, transfer a full scoop into a measuring cup so you know how much it holds.

IMMERSION BLENDER This tool lets you puree directly in the pot so you don't risk a mess when transferring piping hot soup to a blender. Plus, most immersion blender blades snap off and go straight into the dishwasher, making cleanup a breeze.

MICROPLANE These sharp, thin graters are perfect for adding a super-fine finishing touch of hard cheese or citrus zest to soup. Use for grating garlic, ginger and whole nutmeg as well.

SLOW COOKER It's hard to beat the convenience of a slow cooker. Beans, lentils, tough cuts of meat and root vegetables all turn to tender morsels, no stirring required. Be sure to purchase one that automatically switches to "warm" when it's finished.

LARGE POT A large pot (sometimes called a Dutch oven) with a wide, heavy bottom is the workhorse when it comes to making soup. Pick a heavy pot that holds at least 4 quarts and is made of stainless steel or enameled cast iron, such as a Le Creuset, to make sure your soup cooks evenly and doesn't burn on the bottom.

SOUP SKIMMER This flat, circular strainer is particularly important when making stock to skim froth and any unwanted bits off the surface.

THERMOS A good thermos can keep your portable portion of soup hot (or cold) all day long. Look for a double-walled, vacuum-insulated, wide-mouthed jar that can hold at least 16 ounces. The gap between the inner and outer layers of the thermos creates a vacuum that prevents hot—or cold—air from escaping. This simple science means your soup will be almost the same temperature when you open your thermos hours after filling it. The wide mouth makes it easy to get a soup spoon in.

RECIPE INDEX

		45 MIN OR LESS	BUDGET	CALORIES	FAT/SAT (g)	CARBS	FIBER (g)	SODIUM (mg)	LOW-CAL	HEART-HEALTHY	VEGETARIAN	VEGAN	GLUTEN-FREE	DAILY VALUE (20%+) CALCIUM (%)	FOLATE (%)	IRON (%)	VITAMIN A (%)	VITAMIN B_{12} (%)	VITAMIN C (%)
STARTER SOUPS																			
66	Broccoli Soup		■	69	4/1	7	3	458	■	■			■		21		23		80
66	Carrot Soup		■	76	3/1	10	3	484	■	■			■				269		
66	Pea Soup		■	132	4 1	18	6	433	■	■			■		20				76
66	Potato Soup		■	108	3/1	17	3	444	■	■			■						
6	Spicy Butternut Squash Soup		■	76	1/0	15	4	364	■	■	■		■				202		23
VEGETARIAN SOUPS																			
53	Baked Vegetable Soup		■	207	10 2	26	7	314	■	■	■		■		37		26		45
70	Garden Fresh Asparagus Soup		■	181	12/5	15	2	251	■		■		■						23
11	Green Curry Soup		■	117	7 1	13	4	408	■		■	■	■		20		60		35
88	Miso Vegetable Soup	■	■	208	4 1	26	4	774	■		■	■	■				73		35
34	Quinoa Mushroom Soup			227	8 1	30	6	572	■		■	■	■		20	20	76		32
44	Ravioli & Vegetable Soup	■	■	261	8/3	33	7	354	■		■	■				28	46		40
28	Ribollita Soup		■	195	6 1	33	10	530	■		■	■	■				107		82
24	Shiitake & Noodle Hot & Sour Soup			226	6 1	32	4	691	■		■	■		24			54		28
90	Simple Vegetable Broth		■	0	0 0	0	0	397			■	■	■						
23	Slow-Cooker Moroccan Lentil Soup		■	53	2 0	28	10	200	■	■	■	■	■		47	21	100		48
88	Southwestern Three Bean & Barley Soup		■	205	3 1	36	11	455	■		■	■			28		49		
12	Spiced Cauliflower Soup		■	150	7 1	18	5	481	■		■		■		21				84
72	Sweet Potato & Black Bean Chili	■	■	323	8 1	55	16	573	■	■	■	■	■		29	30	248		40
47	Sweet Potato-Peanut Bisque	■	■	286	16 3	29	6	314	■		■	■	■				289		101
30	Tofu & Vegetable Stew	■	■	239	11 2	20	4	731	■		■		■						26
28	Vegetarian Tortilla Soup		■	209	13 2	18	5	350	■	■	■	■	■				44		28
35	Veggistrone		■	161	5 1	25	8	591	■		■		■		24		121		84
36	Very Green Lentil Soup		■	181	4 1	29	9	535	■	■	■		■		51	30	100		47
86	White Bean Soup		■	256	5 1	42	16	321	■	■	■	■	■		52	23	69		
9	Winter Vegetable Da		■	330	10 7	48	14	617	■		■	■	■		71	33	111		50
CHICKEN & TURKEY SOUPS																			
80	Broccoli-Cheddar Chicken Chowder	■	■	368	8 6	25	3	347	■					22			28		64
8	Chicken & Spinach Soup with Fresh Pesto	■	■	226	9 2	18	6	211	■	■			■				77		49
45	Chicken & White Bean Soup	■		248	6 1	15	4	244	■	■			■						
40	Chipotle Chicken & Vegetable Soup		■	310	9 2	35	4	498	■	■			■						29
39	Classic Chicken Soup		■	291	8 2	28	4	365	■						23		120		21
82	Cream of Mushroom & Barley Soup			368	12 5	44	8	437	■							23			
80	Cream of Turkey & Wild Rice Soup	■	■	378	11/4	29	3	364	■	■							90		
21	Ethiopian Spiced Chicken Stew		■	430	14/4	35	7	666	■				■		26	27			30
30	Italian Egg-Drop Soup	■	■	226	7 2	29	4	271	■	■									
74	Italian Wedding Soup		■	284	11/4	23	6	523	■	■				21	35		83		22
41	Japanese Chicken Noodle Soup		■	242	8/2	20	3	486	■								66		21
32	Leek, Potato & Spinach Stew	■	■	241	5/1	32	7	775	■				■		43	22	88		61
41	Moroccan Chicken & Sweet Potato Soup		■	268	8/2	26	5	585	■	■			■				170		89
41	Pesto Chicken & Cannellini Bean Soup			264	11/2	18	5	656	■				■				23		54
87	Quick Tomato Soup	■	■	158	9/3	17	5	715	■				■				27		68
91	Rich Homemade Chicken Stock		■	0	0 0	0	0	18					■						
6	Sausage, Cabbage & Root Vegetable Soup		■	315	11/3	31	6	664	■				■				59		90
50	Singapore-Style Chicken & Noodle Soup (Laksa)			408	17 5	41	4	714	■							21			23
19	Slow Cooker Chicken Pho			352	6/2	39	3	594	■	■			■		20	30	90		49
19	Slow-Cooker Spanish Chickpea Soup (Cocido de Garbonzos)		■	472	15 4	50	13	735	■				■			34	72		58
74	Southwestern Vegetable & Chicken Soup		■	84	5, 1	24	6	601	■				■				55		21
54	White Turkey Chili			350	14 3	38	10	596	■	■					37	27			48
FISH & SEAFOOD SOUPS																			
83	Clam Chowder	■		237	9 2	27	2	359	■	■								136	
81	Potato-Leek Bisque		■	282	6 1	49	3	507	■								29		30
45	Salmon Chowder	■	■	178	6 1	17	2	237	■	■			■				28	43	49
50	Seafood Gumbo			243	10 1	18	5	593	■	■							25		104
54	Shrimp & Chinese Chive Wonton Soup		■	202	7 1	24	1	485	■								38		46

		45 MIN OR LESS	BUDGET	CALORIES	FAT/SAT (g)	CARBS	FIBER (g)	SODIUM (mg)	LOW-CAL	HEART-HEALTHY	VEGETARIAN	VEGAN	GLUTEN-FREE	DAILY VALUE (20%+) CALCIUM (%)	FOLATE (%)	IRON (%)	VITAMIN A (%)	VITAMIN B_{12} (%)	VITAMIN C (%)
BEEF & PORK SOUPS																			
20	Chinese Pork & Vegetable Hot Pot		■	321	17/6	14	2	671	■				■				139		24
13	Chipotle Albondigas Soup		■	371	18/7	24	4	425	■				■			28	189	38	48
32	Mushroom-Beef Noodle Soup			200	4/1	21	4	535	■								83		
71	Quick Beef & Barley Soup	■	■	273	9/2	29	5	332	■	■							65		
53	Quick Pepperpot Soup	■	■	242	10/5	20	4	680	■				■				92		39
22	Swedish Yellow Split Pea Soup with Ham		■	338	3/1	53	20	691	■				■		56	23	57		
46	Sweet & Sour Beef-Cabbage Soup	■	■	240	9/3	21	5	717	■				■				26		62
BREADS																			
14	Arugula Pecorino Cheese Toast	■	■	82	4 3	7	0	438	■										
77	Asiago & Oregano Breadsticks	■	■	77	3/0	11	1	87	■	■	■								
76	Chives & Garlic Breadsticks	■	■	74	3 0	11	1	75	■	■	■	■							
15	Fig & Blue Cheese Toast	■	■	117	6 3	11	1	212	■		■								
15	Lemon Ricotta Cheese Toast	■	■	62	2 1	8	0	235	■	■	■								
76	Manchego & Chili Powder Breadsticks	■	■	78	3,0	11	1	97	■	■	■								
77	Parmesan & Basil Breadsticks	■	■	76	3/0	11	1	91	■	■	■								
76	Pecorino & Italian Seasoning Breadsticks	■	■	76	3 0	11	1	91	■	■	■								
77	Poppy Seed & Onion Breadsticks	■	■	80	3 0	12	1	75	■	■	■	■							
76	Rosemary & Garlic Breadsticks	■	■	77	3 0	12	1	76	■	■	■	■							
15	Rosemary Goat Cheese Toast	■	■	79	2/2	12	0	116	■	■	■								
77	Sesame Seed & Fennel Seed Breadsticks	■	■	81	3/0	12	1	75	■	■	■	■							
15	Smoked Salmon Cheese Toast	■	■	82	4/2	7	0	210	■	■									
14	Tomato-Cheddar Cheese Toast	■	■	80	4 2	8	1	137	■	■	■								
SALADS																			
60	Apple & Fennel Salad with Blue Cheese	■	■	180	14 3	11	3	248	■		■		■				55		
64	Bitter Greens Salad with Aged Balsamic, Pine Nuts & Currants	■	■	207	16 2	14	4	181		■	■		■		27		29		
64	Blue Cheese & Spinach Salad	■	■	150	8/3	12	2	257	■				■		20		56		26
60	Massaged Kale Salad	■	■	183	15 3	9	3	335	■		■		■		27		152		159
60	Radish, Watercress & Arugula Salad with Feta Vinaigrette	■	■	191	17 3	6	2	312	■		■		■				25		37
63	Simple Green Salad with Citronette	■	■	43	3/0	3	1	81	■	■	■	■	■				63		26
63	Spinach Salad with Ginger Japanese Dressing	■	■	135	11 2	9	3	387	■		■	■	■		39		212		100

KEY TO RECIPE INDEX COLUMNS

More information at eatingwell.com/go/guidelines

45 MIN OR LESS: A recipe's start-to-finish time.

BUDGET: Entrees that cost less than $3 per serving, sides and desserts that cost less than $1.50 per serving.

LOW-CAL. Entrees have ≤375 calories per serving; combination meals (protein plus starch or vegetable) have ≤575 calories. Desserts have ≤225 calories per serving, side dishes, muffins and breads have ≤200 calories per serving; dips and salsas have ≤100 calories per serving.

HEART-HEALTHY: Recipes have limited saturated fat. Entrees have ≤2-3 g saturated fat per serving (seafood entrees have ≤4 g); combination meals (protein plus starch or vegetable) have ≤4-5 g (seafood ≤6 g); Side dishes, muffins, breads and desserts have ≤2 g saturated fat per serving, dips and salsas have ≤1 g.

VEGETARIAN: Meatless or includes meatless options.

VEGAN: No animal products. Check the labels of ingredients, such as chocolate, to make sure they don't contain hidden sources of animal products.

GLUTEN-FREE: Does not include wheat, rye, barley or oats. Check the labels of ingredients, such as broths and condiments, to make sure they don't contain hidden sources of gluten.

% DAILY VALUE When a recipe provides 20% or more of the Daily Value (dv) of a nutrient, it is listed. These values are FDA benchmarks for adults eating 2,000 calories a day

EatingWell

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Soup Savvy

Whether you're a confident cook who's ready to riff on ribollita (*page 28*) or a kitchen newbie, a little expert advice is always helpful. Here are 10 need-to-know tips and techniques from our soup gurus. Read 'em and cook.

USE THE SOAKING LIQUID

Dried chiles and mushrooms have concentrated flavor that ends up in the rehydrating liquid. Strain this flavorful soaking liquid through a fine-mesh sieve or cheesecloth and use it in soup for an extra hit of flavor.

COOK PASTA & GRAINS PERFECTLY

Even after the stove is off, heat from the soup continues to soften your ingredients. Keep your pasta and grains from turning to mush by cooking them in your soup for a touch less than the package directions. Or cook them separately and stir into the soup just before serving for the perfect texture.

ADD SOFT HERBS AT THE END

Fresh soft herbs, such as basil, parsley and cilantro, lose their flavor when cooked too long. To preserve their essence, add them just before serving. Hardier herbs, like sage and rosemary, can cook longer and be added earlier.

TASTE & ADJUST

If your soup needs a flavor bump, first try adding an acid, such as a squeeze of lemon juice or a dash of vinegar. Acidity brightens flavors. Still not perfect? Try adding salt—a tiny bit at a time, which will also enhance the way things taste. Miso, soy sauce, fish sauce, anchovy paste or Worcestershire also get the job done while adding a hit of umami.

EMPLOY THE WHOLE VEGETABLE

Stems and tops from veggies like broccoli, chard and leeks become tender cooked and you'll get all those nutrients and fiber while reducing waste. See this tip in action in Curry Soup on page 11.

RINSE CANNED BEANS

Here's an instant way to make canned beans healthier before adding them to your soup: rinse them. Giving your beans a cold shower reduces the sodium by a third.

STIR IN A PARMESAN RIND

When you're no longer able to grate cheese off a hunk of Parmesan, hang onto the rind to pop it into your next pot of soup. You'll get another layer of nutty flavor that takes your soup from *meh* to *magnifico*.

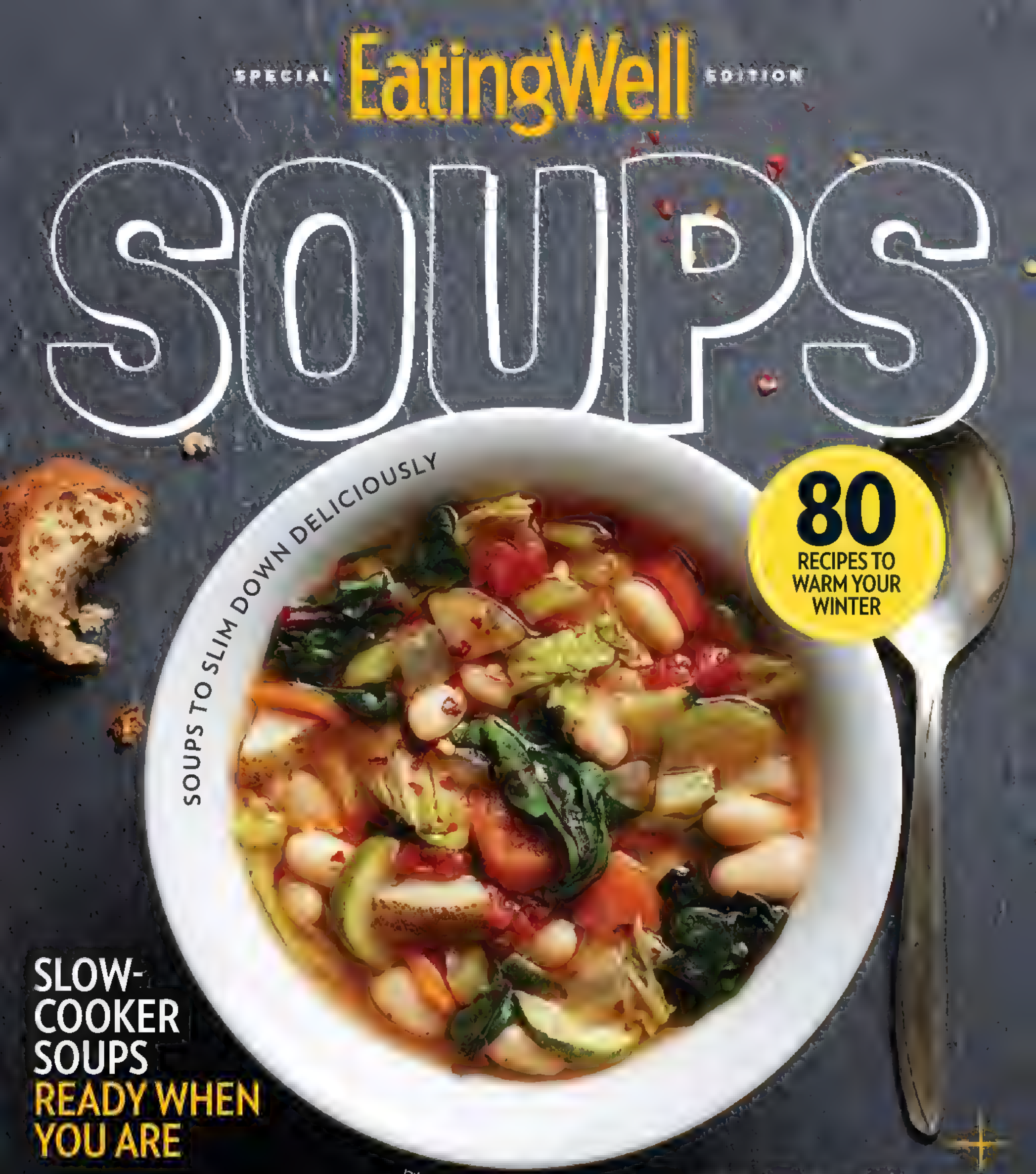
The Ultimate Comfort Food

On busy weeknights, for special occasions and anytime, soups are delicious meals that any home cook can rely on. Packed with healthy ingredients, these easy recipes include heart-healthy and low-calorie options that are both tasty and satisfying.

SPECIAL EatingWell EDITION

SOUPS

SOUPS TO SLIM DOWN DELICIOUSLY



80 RECIPES TO WARM YOUR WINTER

SLOW-COOKER SOUPS READY WHEN YOU ARE

Ribollita Soup (page 28)

Cheesy Toast Toppers, Inspired Salads & Instant Breadsticks

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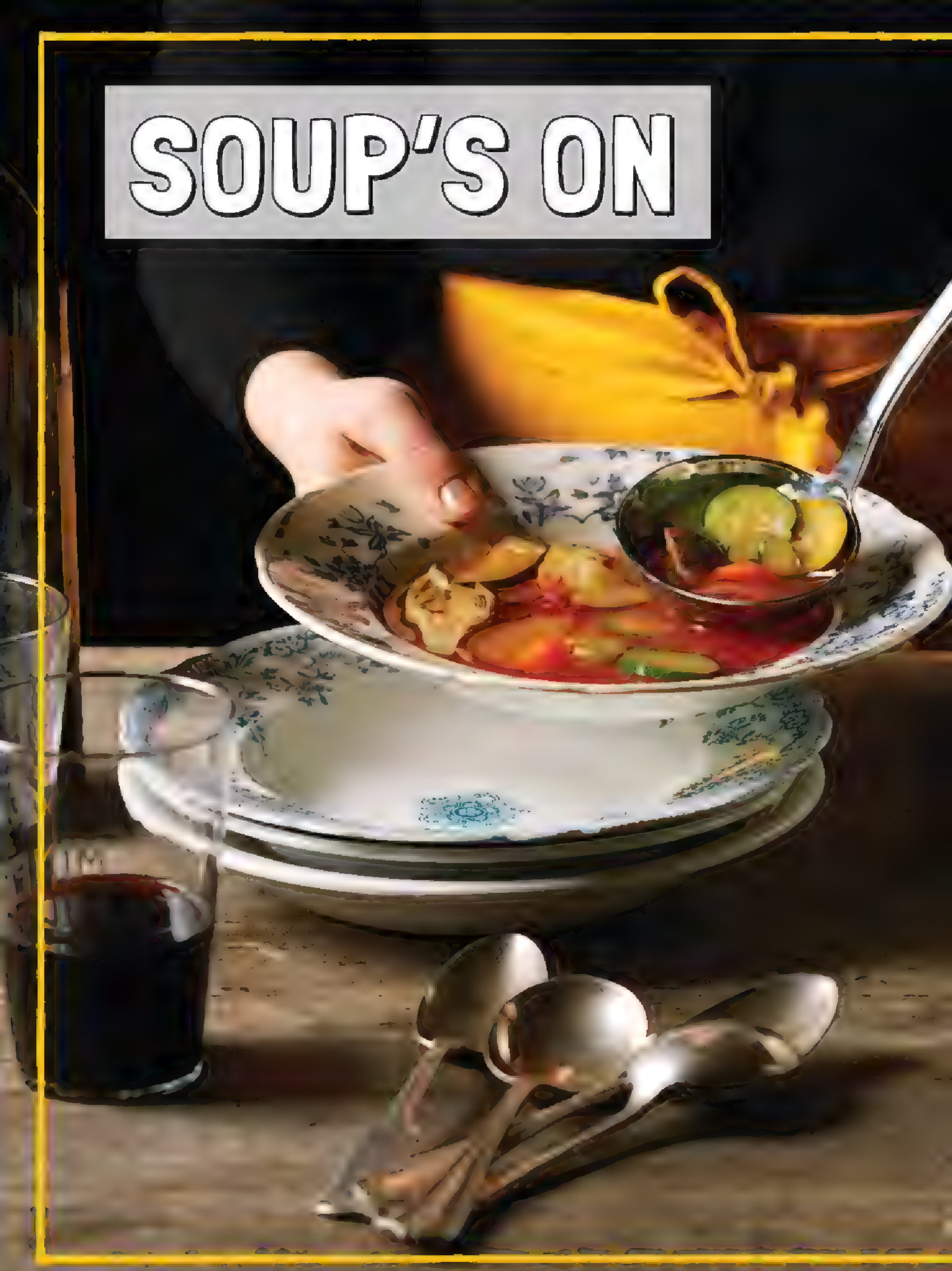
SOUP'S ON



IS THERE A MORE COMFORTING MEAL than a bowl of soup? Warming you from the inside out, soup tucks tons of healthy ingredients into a flavorful broth and brings them together a spoonful at a time. And when you're not feeling well? Chicken soup really does soothe your soul. But even more than that, soup is the ultimate *EatingWell* food. Here's why.

Just like salad, soup is an amazing vehicle for vegetables. (Check out "Get Your Veggies," on page 4, for proof.) Then add whole grains, beans or a little meat or chicken, and your soup becomes a model healthy meal.

Soups are also a dieter's secret weapon. With a high water content, they fill you up and keep you satisfied on fewer calories. In fact, studies show that people tend to consume the fewest calories on days when they eat soup.

Another perk: convenience! Soups are great make-ahead meals and often taste even better the following day. Most double easily and freeze well (see page 73 for freezer tips), so you can make enough to stash for those days when you don't feel like cooking. And plenty of soups do wonderfully in that ultimate convenience tool, the slow cooker (see page 16).

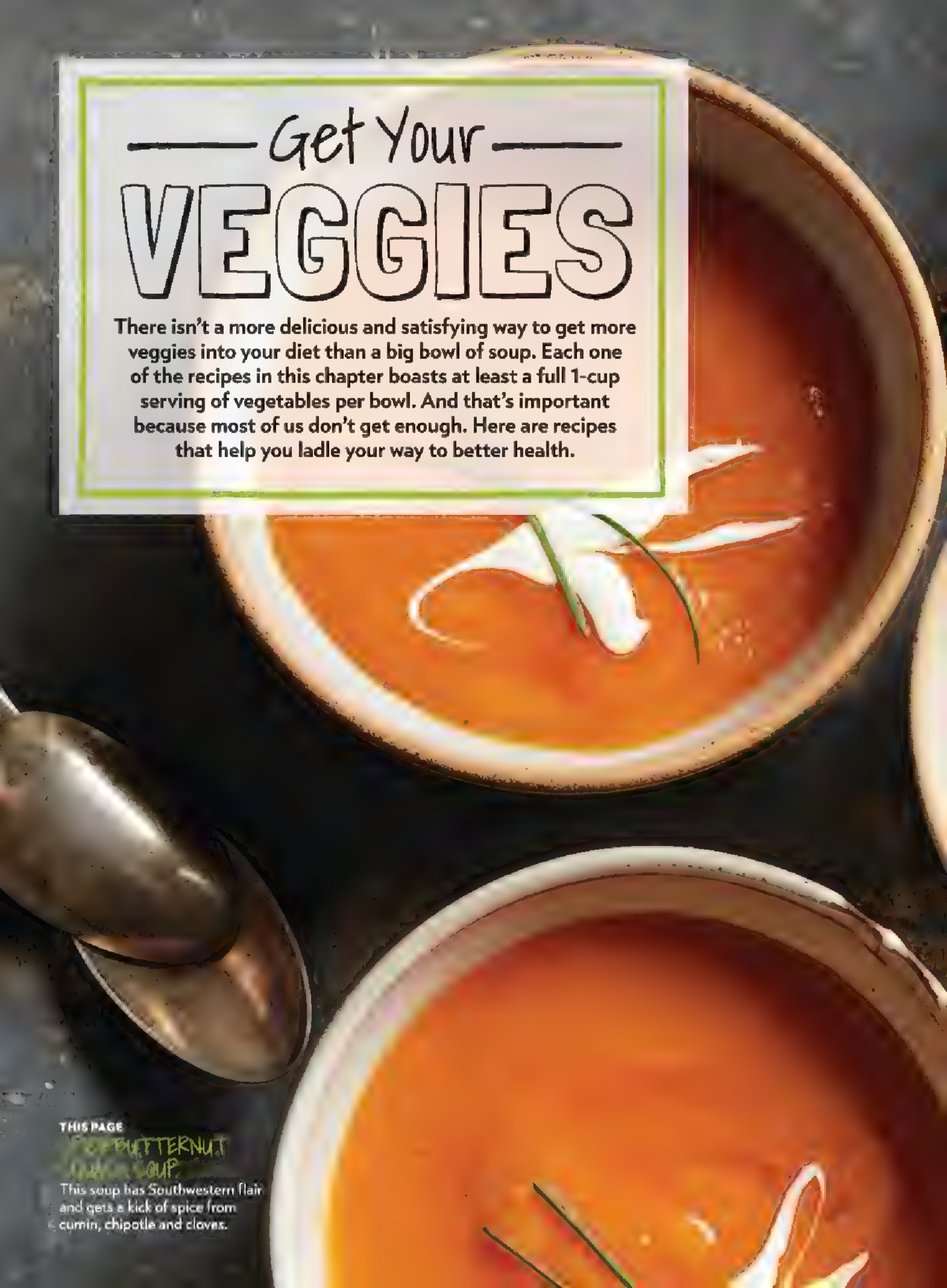
Don't worry, we didn't forget about accompaniments. You'll find some of our favorite side salads on page 58. If you're in the mood for bread, try the fancy cheese toasts (page 14) or quick, homemade breadsticks (page 76). If you want to get creative and look like a chef, turn to page 56 for our favorite soup toppers.

There's a recipe for everyone and every occasion in the pages that follow. So pull out your pot and get your soup on!

Breana Killeen, M.P.H., R.D.
Editor

Get Your VEGGIES

There isn't a more delicious and satisfying way to get more veggies into your diet than a big bowl of soup. Each one of the recipes in this chapter boasts at least a full 1-cup serving of vegetables per bowl. And that's important because most of us don't get enough. Here are recipes that help you ladle your way to better health.



THIS PAGE

BUTTERNUT CHICKEN SOUP

This soup has Southwestern flair and gets a kick of spice from cumin, chipotle and cloves.

Spicy Butternut Squash Soup
p. 6

Sausage, Cabbage & Root Vegetable Soup
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Chicken & Spinach Soup with Fresh Pesto
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Spicy Butternut Squash Soup

(PHOTO: PAGE 4)

ACTIVE: 45 MIN **TOTAL:** 1 HR 20 MIN
TO MAKE AHEAD: Refrigerate for up to 3 days.

Other winter squash, such as buttercup, acorn, kabocha and kuri, are also delicious in this silky-smooth soup. (Adapted from Chef Jesús González of La Cocina Que Canta at Rancho La Puerta.)

- **1½ pounds (1 small to medium) butternut *or* other winter squash**
- **1 teaspoon canola oil**
- **2 stalks celery, chopped**
- **1 small onion, diced**
- **1 carrot, chopped**
- **1 teaspoon ground cumin**
- **¼-½ teaspoon ground chipotle chile (*see Tip*)**
- **⅛ teaspoon ground cloves**
- **6 cups low-sodium vegetable broth**
- **1 teaspoon sea salt**
- **¼ teaspoon ground pepper**
- **½ cup nonfat plain yogurt**
- **2 tablespoons snipped fresh chives *or* chopped parsley**

1. Preheat oven to 350°F.
2. Cut squash in half and seed. Place the halves on a baking sheet, cut-side down. Bake until tender when pierced with a knife, 45 minutes to 1 hour. Scoop out flesh when cool enough to handle.
3. Heat oil in a large saucepan over medium heat. Add celery, onion and carrot and stir to coat. Cover, reduce heat to medium-low and cook, stirring frequently, until soft, 8 to 10 minutes. Stir in the squash flesh, cumin, chipotle to taste and cloves. Add broth and simmer, covered, until the vegetables are very tender, 20 to 25 minutes.
4. Puree the soup with an immersion blender or a blender (in batches) until smooth. (Use caution when pureeing hot liquids.) Season with salt and pepper. Garnish with yogurt and chives (or parsley).
SERVES 6: ABOUT 1¼ CUPS EACH
Calories 76, Fat 1g (sat 0g), Cholesterol 0mg, Carbs 15g, Total sugars 6g (added 0g), Protein 2g, Fiber 4g, Sodium 364mg, Potassium 354mg.

Tip: *Chipotle peppers are dried, smoked jalapeño peppers. Ground chipotle can be found in the specialty-spice section of most supermarkets or online at* penzeys.com.

BUTTERNUT SQUASH
is rich in vitamin A, which promotes healthy vision.

Sausage, Cabbage & Root Vegetable Soup

ACTIVE: 55 MIN **TOTAL:** 2 HRS
TO MAKE AHEAD: Refrigerate for up to 3 days.

Root vegetables, like the turnips, carrots and celery root in this French-peasant soup are rich in fiber and a good source of folate, a B vitamin needed to form healthy new cells.

- **2 tablespoons extra-virgin olive oil, divided**
- **1 pound Italian turkey sausage (mild *or* spicy), casings removed**
- **1 cup chopped onion**
- **3 cloves garlic, thinly sliced**
- **⅛ teaspoon salt**
- **Ground pepper to taste**
- **2 medium carrots, diced (½ inch)**
- **2 small turnips, peeled and diced (½ inch)**
- **1 medium celery root (celeriac), peeled and diced (½ inch)**
- **1 large Yukon Gold potato, peeled and diced (½ inch)**
- **10 cups very thinly sliced green cabbage (about ½ medium head)**
- **8 cups low-sodium chicken *or* vegetable broth**
- **¾ cup dry white wine**
- **1 cup chopped fresh tomato**
- **1 tablespoon chopped fresh rosemary**
- **1 tablespoon chopped fresh thyme**
- **½ cup grated Parmesan cheese**

1. Heat 1 tablespoon oil in a large pot over medium-high heat. Add sausage and cook, stirring frequently, until well browned, about 10 minutes. Remove with a slotted spoon to a paper towel to drain.
2. Reduce heat to medium and add the remaining 1 tablespoon oil, onion, garlic, salt and pepper; cook, stirring, until starting to soften, 2 to 3 minutes. Add carrots, turnips, celery root and potato and cook, stirring once or twice, until starting to get tender, 4 to 5 minutes. Add cabbage; cook until starting to wilt, about 2 minutes. Return the sausage to the pot and stir in broth, wine, tomato, rosemary and thyme. Increase heat to high and bring to a boil. Reduce heat to maintain a simmer, cover and cook for 1 hour.
3. Uncover and simmer for 15 minutes to reduce the broth and intensify the flavor. Add more pepper if desired. Top with Parmesan.
SERVES 8: ABOUT 1¾ CUPS EACH
Calories 315, Fat 11g (sat 3g), Cholesterol 47mg, Carbs 31g, Total sugars 8g (added 0g), Protein 21g, Fiber 6g, Sodium 664mg, Potassium 1,089mg.

Eat a BIG BOWL of soup! It's the DELICIOUS way to

CABBAGE is rich in isothiocyanates—compounds that bolster the body's natural detoxification systems.

eat your vegetables

GET YOUR VEGGIES

SPINACH
is packed with vitamin K, a nutrient that may reduce your risk of bone fractures.

Chicken & Spinach Soup with Fresh Pesto

ACTIVE: 30 MIN **TOTAL:** 30 MIN

This fragrant, Italian-flavored soup features a simple homemade basil pesto swirled in at the end to add a fresh herb flavor. If you are very pressed for time, you can substitute 3 to 4 tablespoons of a store-bought pesto. (Recipe by Nancy Baggett for EatingWell.)

- **2 teaspoons extra-virgin olive oil plus 1 tablespoon, divided**
- **½ cup diced red bell pepper *or* chopped carrot**
- **1 large boneless, skinless chicken breast (about 8 ounces), cut into quarters**
- **1 large clove garlic, minced**
- **5 cups low-sodium chicken broth**
- **1½ teaspoons dried marjoram**
- **6 ounces baby spinach, coarsely chopped**
- **1 15-ounce can cannellini beans *or* great northern beans, rinsed**
- **¼ cup grated Parmesan cheese**
- **⅓ cup lightly packed fresh basil leaves**
- **Ground pepper to taste**
- **¾ cup plain *or* herbed multigrain croutons for garnish (optional)**

1. Heat 2 teaspoons oil in a large saucepan or large pot over medium-high heat. Add bell pepper (or carrot) and chicken; cook, turning the chicken and stirring frequently, until the chicken begins to brown, 3 to 4 minutes. Add garlic and cook, stirring, for 1 minute more. Stir in broth and marjoram; bring to a boil over high heat. Reduce the heat and simmer, stirring occasionally, until the chicken is cooked through, about 5 minutes.

2. With a slotted spoon, transfer the chicken pieces to a clean cutting board to cool. Add spinach and beans to the pot and bring to a gentle boil. Cook for 5 minutes to blend the flavors.

3. Combine the remaining 1 tablespoon oil, Parmesan and basil in a food processor (a mini processor works well). Process until a coarse paste forms, adding a little water and scraping down the sides as necessary.

4. Cut the chicken into bite-size pieces. Stir the chicken and pesto into the pot. Season with pepper. Heat until hot. Garnish with croutons, if desired.

SERVES 5: ABOUT 1½ CUPS EACH
Calories 226, Fat 9g (sat 2g), Cholesterol 29mg, Carbs 18g, Total sugars 2g (added 0g), Protein 19g, Fiber 6g, Sodium 211mg, Potassium 525mg.

Winter Vegetable Dal

ACTIVE: 35 MIN **TOTAL:** 1 HR

This southern Indian–inspired vegetable dal is studded with cauliflower and butternut squash, making it a substantial meal.

- 2 tablespoons coconut oil *or* canola oil
- 1 teaspoon brown mustard seeds
- 1 teaspoon cumin seeds
- 12 fresh curry leaves (*see Tip*) *or* 1 large bay leaf
- 1 medium onion, finely chopped
- 1 serrano chile, finely diced
- 3 tablespoons finely chopped fresh ginger
- 4 medium cloves garlic, finely chopped
- 4½ cups water
- 1½ cups lentils, rinsed
- 1 14-ounce can "lite" coconut milk
- 1½ teaspoons salt
- 1 teaspoon ground turmeric
- 2½ cups cubed peeled butternut squash
- 2 cups cauliflower florets (1-inch)
- 1 large Yukon Gold potato (about 8 ounces), cut into ½-inch chunks
- 1 teaspoon garam masala
- 2 tablespoons lime juice

1. Heat oil over medium-high heat in a large pot. Add mustard seeds, cumin seeds and curry leaves (if using) and cook until the seeds begin to pop, about 20 seconds. Add onion, chile, ginger and garlic and cook, stirring occasionally, until the onion is starting to brown, about 5 minutes.

2. Add bay leaf (if using), water, lentils, coconut milk, salt and turmeric to the pot. Bring to a boil, stirring frequently to make sure the lentils don't stick to the bottom. Add squash, cauliflower and potato; return to a boil. Reduce heat to a simmer and cook, uncovered, stirring occasionally, until the vegetables are just tender when pierced with a fork, 20 to 25 minutes.

3. Remove from heat; stir in garam masala and lime juice.

SERVES 6: 1⅔ CUPS EACH

Calories 330, Fat 10g (sat 7g), Cholesterol 0mg, Carbs 48g, Total sugars 5g (added 0g), Protein 16g, Fiber 14g, Sodium 617mg, Potassium 928mg

Tip: *Find fresh curry leaves in the produce section (and sometimes in the freezer) at Asian markets and natural-foods stores. Any unused leaves can be frozen for up to 2 months.*

POTATOES
are rich in potassium, important in maintaining healthy blood pressure.

BROCCOLI STEMS
are a great source of fiber, which can help ward off chronic diseases like diabetes and heart disease.

use_don't compost_broccoli stems!

Green Curry Soup

ACTIVE: 1¼ HRS **TOTAL:** 1¼ HRS
TO MAKE AHEAD: Refrigerate for up to 3 days.

Aromatic green curry paste gives this soup a delicately spicy broth. It's loaded with green vegetables, which are cooked just enough to be tender but retain their freshness and distinct textures. Just the stems of broccoli go into the soup, so save the florets for another night. (Recipe by Anna Thomas for EatingWell.)

- **2 medium yellow onions**
- **2 tablespoons extra-virgin olive oil plus 2 teaspoons, divided**
- **½ teaspoon salt, divided**
- **2 tablespoons Thai green curry paste (*see Tip*)**
- **4-5 cups low-sodium vegetable broth, store-bought *or* homemade (*see page 90*)**
- **8 cups gently packed spinach (about 6 ounces), any tough stems trimmed, divided**
- **2 cups water**
- **2½ cups oyster *or* shiitake mushrooms (about 4 ounces), trimmed**
- **2 large cloves garlic, chopped**
- **1½ cups chopped green beans (1-inch pieces)**
- **1 cup thinly sliced peeled broccoli stems**
- **5 scallions, sliced**
- **1 tablespoon finely chopped lemongrass**
- **1 cup chopped fresh cilantro**
- **1 serrano chile, finely chopped**
- **2 tablespoons fresh lemon juice, or more to taste**

1. Quarter onions lengthwise, then thinly slice crosswise. Heat 2 tablespoons oil in a large pot over medium-high heat. Add the onions and ¼ teaspoon salt; cook, stirring frequently, until the onions are soft and beginning to brown, 6 to 8 minutes. Stir in green curry paste and cook, stirring, for 3 minutes. Stir in 4 cups broth; bring to a gentle simmer.
2. Meanwhile, coarsely chop 4 cups spinach. Combine the remaining 4 cups spinach with water in a blender; puree until the spinach is chopped to confetti. Cut mushrooms into ¼-inch strips.
3. Heat the remaining 2 teaspoons oil in a large skillet over medium heat. Add garlic and cook, stirring, until fragrant, about 30 seconds. Add the mushrooms and cook, stirring, until the liquid cooks away and the mushrooms begin to color, 4 to 6 minutes.
4. Stir the mushroom mixture and green beans into the pot; return to a simmer and cook for 5 minutes. Stir in broccoli stems, scallions and lemongrass; return to a simmer and cook for 3 minutes more. Stir in the chopped and pureed spinach, cilantro and a big pinch of serrano. Return to a simmer, cover and cook just long enough to wilt the spinach, about 1 minute. Add up to 1 cup additional broth if a thinner consistency is desired. Add lemon juice; taste and add more salt, serrano and/or lemon juice, if desired.

SERVES 6: ABOUT 1⅔ CUPS EACH
Calories 117, Fat 7g (sat 1g), Cholesterol 0mg, Carbs 13g, Total sugars 5g (added 0g), Protein 3g, Fiber 4g, Sodium 408mg, Potassium 375mg.

Tip: *Look for prepared green curry paste—a fiery mixture of green chiles and Thai seasonings—in the Asian section of large supermarkets. The heat and salt level can vary widely depending on brand. Be sure to taste as you go; if you like your curry very spicy, you can turn up the heat by using a little more fresh serrano chile.*

5 Reasons to Eat More Dark Leafy Greens

BUILD BETTER BONES
The dairy aisle isn't the only place to find calcium-rich foods; dark leafy greens, like kale, collards, bok choy, chard and mustard greens, are also a good source. Calcium is needed to build bones and teeth, as well as keep your muscles and nerves working.

SLASH DIABETES RISK
Dark leafy greens are high in beta carotene and alpha carotene, antioxidants in the carotenoids family. In a 2015 study, researchers tracked the diets of men and women for 10 years and found that those who had diets high in alpha and beta carotene had reduced risk for type 2 diabetes.

FEND OFF CANCER
Studies show that carotenoids, pigments in dark leafy greens, may lower your risk of head, neck, breast, stomach, skin and lung cancers. Researchers think carotenoids act as antioxidants in the body, helping fend off harmful free radicals. These greens are also rich in vitamin C, linked with reduced risk of head and neck cancers.

KEEP YOUR BRAIN YOUNG
People who ate 1 to 2 servings of dark leafy greens a day had mental abilities of those over a decade younger, per research presented at the American Society for Nutrition conference. Researchers think vitamin K plays a main role by helping create sphingolipids—special fats that are critical to brain function.

[illegible] POUNDS
Adding dark leafy greens, or any other veggie for that matter, to a meal results in eating fewer calories without increasing hunger, according to a study published in *Nutrition Reviews*. Their fiber and water content helps greens fill you up and keep you feeling full longer—which can help you lose weight and keep it off.

Spiced Cauliflower Soup

ACTIVE: 40 MIN **TOTAL:** 1¼ HRS

Toasted spices make this dish warm, rich and flavorful. You can deepen the color further by making it with a head of orange cauliflower, which is sometimes labeled "Cheddar."

- **¾ teaspoon cumin seed**
- **¾ teaspoon coriander seed**
- **½ teaspoon fennel seed**
- **1 tablespoon extra-virgin olive oil**
- **2 medium leeks, white and light green parts, halved and thinly sliced (about 2 cups; *see Tip, page 81*)**
- **2 cloves garlic, minced**
- **1 teaspoon minced *or* finely grated fresh ginger**
- **½ teaspoon salt**
- **Pinch of cayenne pepper**
- **1 medium head cauliflower (about 2 pounds), trimmed and broken into florets**
- **4 cups low-sodium vegetable *or* chicken broth**
- **½ cup low-fat milk, as needed**
- **½ lime**
- **¼ cup sliced almonds, toasted**
- **2 tablespoons chopped fresh chives *or* cilantro**

1. Combine cumin, coriander and fennel seeds in a small skillet over medium heat. Toast, shaking the pan frequently, until fragrant and beginning to darken, about 3 minutes. Let cool. Grind to a powder with a mortar and pestle or spice grinder.

2. Heat oil in a large pot over medium heat. Add leeks and cook, stirring frequently, until beginning to soften, 4 to 6 minutes. Add the ground spices, garlic, ginger, salt and cayenne. Stir to combine. Stir in cauliflower and cook, stirring, for 2 to 3 minutes. Add broth and bring to a gentle simmer. Partially cover, reduce heat to maintain a gentle simmer and cook until the cauliflower is tender, about 25 minutes.

3. Use a slotted spoon to remove about 1 cup of the cauliflower. Let cool slightly. Chop into small florets.

4. Puree the rest of the soup with an immersion blender or a blender (in batches) until smooth. (Use caution when pureeing hot liquids.) Return it to the pot and gently heat over medium-low heat, stirring in as much milk as needed for desired consistency. Add a squeeze of lime juice to taste. Serve garnished with the reserved florets, almonds and chives (or cilantro).

SERVES 4: ½ CUP EACH
Calories 150, Fat 7g (sat 1g), Cholesterol 2mg, Carbs 18g, Total sugars 7g (added 0g), Protein 5g, Fiber 5g, Sodium 481mg, Potassium 462mg.

Chipotle Albondigas Soup

ACTIVE: 1 HR **TOTAL:** 1 HR

TO MAKE AHEAD: Freeze uncooked meatballs (Step 2) for up to 3 months. Defrost before proceeding with Step 3.

Dandelion greens, like other dark leafy greens, can taste a little bitter on their own. Stirring them into flavorful soups, like this hearty Mexican soup with smoky chorizo sausage and chipotle chiles, helps tame their strong flavor.

- 4 cups low-sodium chicken or beef broth
- 4 cups water
- 2 limes, divided
- 4 ounces fresh chorizo, casing removed (1-2 links)
- ½ cup fine whole-grain cornmeal
- ½ cup finely chopped scallions
- ½ cup finely chopped fresh cilantro
- 1 large egg
- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- ¼ teaspoon ground pepper
- 1¼ pounds lean (90% or leaner) ground beef or bison
- 6 cups chopped dandelion greens or chard, tough stems removed
- 1 cup sliced carrots
- 1-2 chipotle chiles in adobo sauce, minced
- 1 cup corn kernels, fresh or frozen

1. Bring broth and water to a simmer in a large pot over medium heat.

2. Meanwhile, zest and juice 1 lime; reserve the juice. Break up chorizo in a large bowl. Mix in cornmeal, scallions, cilantro, egg, garlic, oregano, pepper and the lime zest. Add beef (or bison). Gently mix to combine (do not overmix). Using 1 tablespoon for each, make about 40 small meatballs.

3. Add greens, carrots and chipotle to taste to the simmering broth mixture, then add the meatballs. Simmer until the meatballs are cooked through and the vegetables are tender, 10 to 12 minutes. Stir in corn and cook until heated through, 1 to 2 minutes more. Stir in 2 tablespoons lime juice. Serve with lime wedges, if desired.

SERVES 6: ABOUT 2 CUPS EACH

Calories 371, Fat 18g (sat 7g), Cholesterol 108mg, Carbs 24g, Total sugars 4g (added 0g), Protein 30g, Fiber 4g, Sodium 425mg, Potassium 881mg.

Cheese Toasts 6 Ways

Soup's ultimate partner? Cheese toast. Start with a slice of toasted baguette and get creative with the toppings. Here are some of our favorite combinations. Don't worry, plain grilled cheese, we still love you—we just want to see other toasts too.

Tomato (2 slices) + Cheddar Cheese (1½ Tbsp)

Prosciutto (½ slice) + Arugula + Pecorino Cheese (1½ Tbsp)

Nutrition information on page 95.

Fig Jam (1 tsp) + Blue Cheese (1½ Tbsp) + Toasted Walnuts (2 halves)
Neufchâtel (1 Tbsp) + Smoked Salmon (½ oz) + Dill
Ricotta (1½ Tbsp) + Lemon Zest + Pepper
Goat Cheese (1½ Tbsp) + Rosemary + Honey (1 tsp)

SLOW-COOKER

Soups

A big pot of soup that simmers for hours is a joy to come home to after a long day. That's where the slow cooker—the ultimate soup-making machine—comes in. Load it up with ingredients that get better the longer they cook, like tough cuts of meat, beans and root vegetables, and get ready for the most deliciously convenient soups imaginable.

THIS PAGE

CHICKEN PHO

Star anise, clove, cinnamon and ginger perfume your whole kitchen and infuse this Vietnamese pho as it cooks in your crock pot.

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Cooking beans can

take forever on the stovetop. But with the slow cooker you can **PUT THEM IN** and **FORGET THEM**...

Slow-Cooker Spanish Chickpea Soup (Cocido de Garbonzos)

ACTIVE: 30 MIN
SLOW-COOKER TIME: 4½ HRS ON HIGH
TO PREP AHEAD: Soak chickpeas up to 1 day ahead. Prep chicken. Prep potatoes, leek, carrots, celery and garlic. Prep ham and chorizo. Refrigerate separately.
TO MAKE AHEAD: Refrigerate soup for up to 3 days.
EQUIPMENT: 6-quart (or larger) slow cooker

Each region, family and restaurant in Spain has its own variation, but this version of cocido has enough meat to satisfy the carnivores and enough vegetables to keep it healthy. Ask for a 4-ounce slab of Serrano ham or prosciutto at your deli counter instead of buying slices.

- **1 pound dried chickpeas**
- **6 chicken drumsticks (about 2 pounds), skin removed**
- **1 4-ounce piece Serrano ham *or* prosciutto, cut into ½-inch cubes**
- **4 ounces Spanish-style chorizo, cut into ½-inch rounds**
- **8 baby red potatoes, scrubbed and halved**
- **1 large leek, white and light green parts, halved and thinly sliced *(see Tip, page 81)***
- **2 medium carrots, cut into ½-inch chunks**
- **2 stalks celery, chopped**
- **3 large cloves garlic, minced**
- **2 bay leaves**
- **1 tablespoon chopped fresh oregano**
- **1 tablespoon smoked paprika, preferably Pimentón de la Vera**
- **½ teaspoon saffron threads *or* ¼ teaspoon powdered saffron**
- **6 cups low-sodium chicken broth**
- **½ medium cabbage (about 1 pound), cored and cut into 8 wedges**
- **Ground pepper to taste**
- **½ cup chopped fresh parsley**

1. Soak chickpeas in enough cold water to cover them by 2 inches for at least 12 hours and up to 1 day.
2. Place chicken in a 6-quart (or larger) slow cooker. Drain the chickpeas and add along with ham (or prosciutto), chorizo, potatoes, leek, carrots, celery, garlic, bay leaves, oregano, paprika and saffron. Bring broth to a boil in a saucepan, then pour it into the slow cooker. Cover and cook on High for 4 hours.
3. Transfer the chicken to a clean cutting board. Nestle cabbage into the soup, cover and cook until it is tender, about 30 minutes. Discard the bay leaves. Remove the chicken from the bones and stir it back into the soup; season with pepper. Serve sprinkled with parsley.
SERVES 8: 2 CUPS EACH
Calories 472, Fat 15g (sat 4g), Cholesterol 99mg, Carbs 50g, Total sugars 10g (added 0g), Protein 38g, Fiber 13g, Sodium 735mg, Potassium 1,235mg.

Slow-Cooker Chicken Pho

(PHOTO: PAGE 16)
ACTIVE: 30 MIN
SLOW-COOKER TIME: 4½ HRS ON HIGH OR 8½ HRS ON LOW
TO PREP AHEAD: Combine seasonings with broth and prep chicken. Refrigerate separately.
EQUIPMENT: 5- to 6-quart slow cooker

A bowl of classic Vietnamese pho is only as good as its broth, which the masters of this dish typically simmer all day. For this slow-cooker variation, a 4-to 8-hour cooking time yields authentic-tasting results.

- **8 cups low-sodium chicken broth**
- **2 tablespoons light brown sugar**
- **2 tablespoons fish sauce**
- **10 whole star anise**
- **6 whole cloves**
- **1 2-inch piece fresh ginger, peeled and thinly sliced**
- **1 cinnamon stick**
- **2 bone-in chicken breasts (about 2½ pounds total), skin removed, trimmed**
- **6 ounces wide rice noodles**
- **6 cups chopped bok choy**

TOPPINGS

- **2 cups mung bean sprouts**
- **2 cups fresh basil leaves**
- **1 cup fresh mint leaves**
- **1 cup fresh cilantro leaves**
- **1 fresh Thai chile *or* serrano, thinly sliced**
- **1 lime, cut into 6 wedges**

1. Combine broth, brown sugar, fish sauce, star anise, cloves, ginger and cinnamon stick in a 5- to 6-quart slow cooker. Add chicken breasts, meat-side down. Cover and cook on High for 4 hours (or on Low for 8 hours).
2. Transfer the chicken to a cutting board. Remove spices and discard. Add noodles and bok choy to the slow cooker. Cover and cook on High for 30 minutes.
3. Remove the chicken from the bone and shred with two forks. When the noodles are tender, stir in the shredded chicken. Serve bowls of soup with bean sprouts, basil, mint, cilantro, sliced chile and lime wedges on the side so everyone can add their own toppings.
SERVES 6: ABOUT 2 CUPS EACH
Calories 352, Fat 6g (sat 2g), Cholesterol 75mg, Carbs 39g, Total sugars 7g (added 4g), Protein 38g, Fiber 3g, Sodium 594mg, Potassium 954mg.

Tip

Sesame seeds can be already toasted own in a small dr low hea until golden and fragrant, about 2 minutes.

Chinese Pork & Vegetable Hot Pot

ACTIVE: 40 MIN **SLOW-COOKER TIME:** 3-3½ HRS ON HIGH OR 5½-6 HRS ON LOW
TO PREP AHEAD: Trim and cube pork. Prep turnips and scallions. Combine measured liquids and seasonings. Refrigerate separately.
EQUIPMENT: 4-quart (or larger) slow cooker

Richly flavored Chinese red braises—named for the color of the sauce—traditionally cooked for a long time in clay pots, make warming winter meals that are easily adapted to a slow cooker. Pork shoulder seasoned with anise, cinnamon and ginger becomes meltingly tender during the slow braise. Serve over noodles or brown rice, with stir-fried napa cabbage.

- 2 cups baby carrots
- 2 medium white turnips (8 ounces total), peeled and cut into ¾-inch-wide wedges
- 2¼ pounds boneless pork shoulder (picnic *or* Boston butt), trimmed and cut into 1½-inch chunks
- 1 bunch scallions, sliced, white and green parts separated
- 1 14-ounce can reduced-sodium chicken broth
- ½ cup water
- ¼ cup reduced-sodium soy sauce
- 3 tablespoons Chinese rice wine (Shao Hsing) *or* dry sherry
- 4 teaspoons brown sugar
- 2 tablespoons minced fresh ginger
- 1 tablespoon rice vinegar
- 2-4 teaspoons chile-garlic sauce
- 4 cloves garlic, minced
- 1 whole star anise *or* 1 teaspoon aniseed
- 1 cinnamon stick
- 4 teaspoons cornstarch mixed with 2 tablespoons water
- 2 tablespoons toasted sesame seeds (*see Tip*) for garnish

1. Place carrots and turnips in the bottom and up the sides of a 4-quart or larger slow cooker. Top with pork and scallion whites. Bring broth, water, soy sauce, rice wine (or sherry), brown sugar, ginger, vinegar, chile-garlic sauce to taste and garlic to a simmer in a medium saucepan over medium-high heat. Pour over the pork and vegetables. Nestle star anise pod (or aniseed) and cinnamon stick into the stew. Cover and cook until the pork and vegetables are tender, 3 to 3½ hours on High or 5½ to 6 hours on Low.

2. Discard the star anise pod and cinnamon stick. Skim or blot any visible fat from the surface of the stew. Add the cornstarch mixture, cover and cook on High, stirring 2 or 3 times, until slightly thickened, 10 to 15 minutes. Serve sprinkled with scallion greens and sesame seeds.

SERVES 6: 1 GENEROUS CUP EACH
Calories 321, Fat 17g (sat 6g), Cholesterol 92mg, Carbs 14g, Total sugars 7g (added 3g), Protein 26g, Fiber 2g, Sodium 671mg, Potassium 629mg.

SLOW-COOKING brings tenderness to dark-meat chicken

Ethiopian-Spiced Chicken Stew

ACTIVE: 40 MIN **SLOW-COOKER TIME:** 5 HRS ON HIGH OR 7-8 HRS ON LOW
TO PREP AHEAD: Trim chicken, prep onions, garlic and ginger. Refrigerate separately.
EQUIPMENT: 5- to 6-quart slow cooker

In this slow-cooker take on the classic Ethiopian celebration dish Doro Wat, *lentils break down and meld with broth to create a thick sauce that's perfect for mopping up with some crusty bread or* injira, *the spongy crepe-like bread that's often served with food in this region.*

- **1½ cups red lentils, well rinsed**
- **2½ pounds boneless, skinless chicken thighs, trimmed**
- **1 tablespoon butter**
- **2 teaspoons extra-virgin olive oil**
- **4 cups chopped red onions**
- **5 cloves garlic, finely chopped**
- **1 tablespoon minced fresh ginger**
- **5 tablespoons berbere spice blend *(see Tip, right)***
- **½ cup red wine**
- **1 14-ounce can diced tomatoes**
- **2 cups reduced-sodium chicken broth**

1. Spread lentils in an even layer in a 5- to 6-quart slow cooker. Place chicken on top of the lentils.
2. Heat butter and oil in a large skillet over medium-high heat. Add onions and cook, stirring often, until soft and translucent, 4 to 6 minutes. Add garlic and ginger and cook, stirring often, until fragrant, 1 to 2 minutes. Add berbere and cook, stirring, until very fragrant, 2 to 4 minutes. Stir in wine, scraping the onion mixture from the bottom of the pan, then stir in tomatoes with their juice.
3. Add the onion mixture to the slow cooker on top of the chicken, then pour in broth.
4. Cover and cook until the chicken is falling-apart tender, 5 hours on High or 7 to 8 hours on Low. Stir the stew to combine.
SERVES 8: ABOUT 1¼ CUPS EACH
Calories 430, Fat 14g (sat 4g), Cholesterol 98mg, Carbs 35g, Total sugars 5g (added 0g), Protein 38g, Fiber 7g, Sodium 666mg, Potassium 725mg.

tip *Berbere spice blend, a staple in Ethiopian cooking, is a heady mix that usually includes garlic, fenugreek, allspice, red pepper, ginger, chiles, coriander, cinnamon and black pepper. Look for it in well-stocked supermarkets or at teenytinyspice.com. If you can't find it, use a mixture of 4 tablespoons garam masala, 1 tablespoon hot paprika, 1 teaspoon ground fenugreek and 1 teaspoon salt in this recipe.*

Swedish Yellow Split Pea Soup with Ham

ACTIVE: 25 MIN **SLOW-COOKER TIME:** 5 HRS ON HIGH OR 7-8 HRS ON LOW

TO PREP AHEAD: Prep split peas, onion, carrot, celery and ginger. Dice ham. Refrigerate separately.

EQUIPMENT: 5- to 6-quart slow cooker

Over the 5 to 8 hours of cooking time, the split peas break down just the right amount to create a creamy, almost-pureed texture.

- **3 cups yellow split peas (about 1½ pounds)**
- **4 cups reduced-sodium chicken broth**
- **4 cups water**
- **2 cups diced yellow onion**
- **1 cup diced carrot**
- **1 cup finely diced celery**
- **8 ounces ham steak, trimmed and diced**
- **1 tablespoon minced fresh ginger**
- **1 teaspoon dried marjoram**
- **Ground pepper to taste**

1. Place split peas in a medium bowl. Wash with cold water until the water runs clear; drain and spread in a 5- to 6-quart slow cooker.

2. Add broth, water, onion, carrot, celery, ham, ginger and marjoram to the slow cooker. Stir to combine.

3. Cover and cook for 5 hours on High or 7 to 8 hours on Low. Season with pepper.

SERVES 8: ABOUT 1½ CUPS EACH

Calories 338, Fat 3g (sat 1g), Cholesterol 16mg, Carbs 53g, Total sugars 9g (added 0g), Protein 27g, Fiber 20g, Sodium 691mg, Potassium 948mg.

Load & go with these
EASY SOUPS

Slow-Cooker Moroccan Lentil Soup

ACTIVE: 30 MIN **TOTAL:** 4½-5½ HRS ON HIGH OR 8½-10½ HRS ON LOW

TO PREP AHEAD: Prep onions, carrots, garlic and cauliflower. Combine spices. Refrigerate separately.

TO MAKE AHEAD: Stir in spinach (Step 3), refrigerate for up to 3 days or freeze for up to 6 months. Stir in cilantro and lemon juice just before serving.

EQUIPMENT: 5- to 6-quart slow cooker

A long cooking time allows the spices to work their way into the lentils and vegetables, creating a fragrant soup. If you make it ahead, the flavors will have more time to develop.

- **2 cups chopped onions**
- **2 cups chopped carrots**
- **4 cloves garlic, minced**
- **2 teaspoons extra-virgin olive oil**
- **1 teaspoon ground cumin**
- **1 teaspoon ground coriander**
- **1 teaspoon ground turmeric**
- **¼ teaspoon ground cinnamon**
- **¼ teaspoon ground pepper**
- **6 cups vegetable broth *or* reduced-sodium chicken broth**
- **2 cups water**
- **3 cups chopped cauliflower**
- **1¾ cups green *or* brown lentils**
- **1 28-ounce can diced tomatoes**
- **2 tablespoons tomato paste**
- **4 cups chopped fresh spinach *or* 10 ounces frozen chopped spinach, thawed**
- **½ cup chopped fresh cilantro**
- **2 tablespoons lemon juice**

1. Combine onions, carrots, garlic, oil, cumin, coriander, turmeric, cinnamon and pepper in a 5- to 6-quart slow cooker. Add broth, water, cauliflower, lentils, tomatoes and tomato paste and stir until well combined.

2. Cover and cook until the lentils are tender, 4 to 5 hours on High or 8 to 10 hours on Low.

3. Add spinach to the slow cooker. Stir, cover and cook on High for 30 minutes. Just before serving, stir in cilantro and lemon juice.

SERVES 12: ABOUT 1¼ CUPS EACH

Calories 153, Fat 2g (sat 0g), Cholesterol 0mg, Carbs 28g, Total sugars 7g (added 0g), Protein 9g, Fiber 10g, Sodium 200mg, Potassium 690mg.

Shiitake + Noodle Hot + Sour Soup

ACTIVE: 30 MIN **SLOW-COOKER TIME:** 4½ HRS ON HIGH OR 7½-8½ HRS ON LOW
TO PREP AHEAD: Prep mushrooms and vegetables; combine the liquids and ginger used in Step 2. Refrigerate separately.
EQUIPMENT: 6-quart (or larger) slow cooker

Dried mushrooms are rehydrated during the slow-cooking of this classic Chinese soup, giving the broth deep umami flavor. With the addition of cooked noodles at the end, it's a filling and satisfying vegetarian meal.

- 24 dried shiitake *or* black Chinese mushrooms (2-3 ounces)
- 2 carrots, cut into ½-by-2-inch sticks
- 2 8-ounce cans bamboo shoots, rinsed
- 2 14-ounce packages extra-firm water-packed tofu, drained and cut into ½-inch pieces
- 1 teaspoon ground white pepper
- 4 cups thinly sliced green cabbage
- 4⅓ cups water, divided
- 4 cups mushroom *or* vegetable broth
- ¼ cup white vinegar *or* rice vinegar
- ¼ cup red-wine vinegar
- ¼ cup reduced-sodium soy sauce, plus more to taste
- 1 tablespoon chile-garlic sauce, plus more to taste (*see Tip*)
- 1 tablespoon minced fresh ginger
- 3 tablespoons cornstarch
- 1 tablespoon toasted sesame oil
- 3 cups cooked lo mein noodles (about 6 ounces dry)
- 1 cup sliced scallions

1. Discard mushroom stems and cut the caps into ½-inch pieces. Spread the mushroom pieces in a 6-quart (or larger) slow cooker. Add carrots and bamboo shoots. Add tofu to slow cooker and sprinkle with white pepper. Top with cabbage.
2. Combine 4 cups water, broth, vinegars, soy sauce, chile-garlic sauce and ginger in a bowl; add to the slow cooker.
3. Cover and cook 4 hours on High or 7 to 8 hours on Low.
4. Whisk the remaining ⅓ cup water, cornstarch and sesame oil in a bowl. Stir into the soup. Cover and cook on High for 20 minutes. Stir in noodles, cover and cook for 10 minutes more. Serve topped with scallions and with more soy sauce and chile-garlic sauce, if desired.

SERVES 8: ABOUT 2 CUPS EACH
Calories 226, Fat 6g (sat 1g), Cholesterol 0mg, Carbs 32g, Total sugars 4g (added 0g), Protein 13g, Fiber 4g, Sodium 691mg, Potassium 449mg

tip

Slow-Cooker Smarts

PREP AHEAD

To make things even faster in the morning, get your ingredients ready the night before. Refrigerate meat, vegetables and liquids in separate containers, not in the slow-cooker insert. Starting with a cold insert keeps food from heating quickly, which can be a food-safety risk—and mess up your recipe.

DO THE MATH

If you're multiplying or dividing slow-cooker soup recipes, make sure you don't overfill the cooker. Check your manufacturer's suggestion. Most recommend keeping your slow cooker no more than three-quarters full.

CREATE BIG FLAVOR

If you have time, brown the meat and/or vegetables in a skillet before adding them to the cooker. Then "deglaze" the pan with liquid to get all the brown, caramelized bits from the sauté pan into the cooker. You'll end up with a richer flavor that can't be achieved by slow-cooking alone.

DON'T PEEK

Resist the urge to open the lid and look inside. Every time you open the slow cooker it loses heat and takes up to 30 minutes to return to temperature, significantly lengthening the cooking time.

FINISH FRESH

A sprinkle of fresh herbs or a drizzle of extra-virgin olive oil can add a pretty touch to a dish that's been cooking for a long time. Also consider a squeeze of citrus juice or a dash of your favorite hot sauce before serving—it can brighten up the flavor.

SLIMMING

Soups

Whether you're trying to shed a few pounds or just maintain your weight, soup should be a part of your plan. The broth in soup makes you feel full while adding minimal calories. And all the great stuff that goes into each pot—lots of vegetables, lean meats, beans—also helps in the battle to fend off hunger.

THIS PAGE

VEGETARIAN TORTILLA SOUP

This Mexican favorite is packed with filling vegetables, tofu and even chips yet clocks in at only 209 calories per serving, less than most lattes.

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Vegetarian Tortilla Soup

(PHOTO: PAGE 26)

ACTIVE: 1 HR **TOTAL:** 1½ HRS

Here we add a mixture of pureed chiles, onion and garlic to broth, creating a supremely flavorful base for our tortilla soup. (Recipe adapted from Rick Bayless.)

- **3 large dried pasilla (negro), ancho *or* New Mexico chiles (*see Tip*)**
- **1 15-ounce can diced tomatoes, preferably fire-roasted**
- **2 tablespoons canola oil *or* extra-virgin olive oil plus 2 teaspoons, divided**
- **1 medium white onion, sliced ¼ inch thick**
- **3 cloves garlic, peeled**
- **4 cups low-sodium vegetable broth *or* "no-chicken" broth**
- **4 cups water**
- **1 large sprig epazote (optional; *see Tip*)**
- **1 14-ounce package extra-firm tofu**
- **4 cups chopped chard, spinach *or* kale leaves**
- **¼-½ teaspoon salt**
- **1 large ripe avocado, cut into ¼-inch cubes**
- **2 cups roughly broken tortilla chips**
- **¾ cup shredded Mexican melting cheese, such as Chihuahua *or* asadero, *or* Monterey Jack *or* mild Cheddar (optional)**
- **1 large lime, cut into 6 wedges**

1. Holding chiles one at a time with metal tongs, quickly toast them by turning them an inch or two above an open flame for a few seconds until the aroma fills the kitchen. (*Alternatively, toast chiles in a dry pan over medium heat, pressing them flat for a few seconds then flipping them over and pressing again.*)
2. When cool enough to handle, stem and seed the chiles, break them into pieces and put them in a blender along with tomatoes and their juice. (A food processor will work, though it won't completely puree the chiles.)
3. Heat 2 tablespoons oil in a large pot over medium heat. Add onion and garlic and cook, stirring frequently, until golden, 6 to 9 minutes. Scoop up the onion and garlic with a slotted spoon and transfer to the blender with the tomato mixture. Process until smooth.
4. Return the pot to medium heat. When quite hot, add the puree and stir nearly constantly until thickened to the consistency of tomato paste, about 6 minutes. Add broth, water and epazote (if using). Bring to a boil, then adjust heat to maintain a simmer.
5. Drain tofu, rinse and pat dry; cut into ½- to ¾-inch cubes. Heat the remaining 2 teaspoons oil in a large nonstick skillet over medium heat. Add the tofu and cook in a single layer, stirring every 2 to 3 minutes, until beginning to brown, 6 to 8 minutes total. Add the tofu to the soup and simmer for 30 minutes.
6. Add chard (or spinach or kale) to the soup and season with salt to taste. Cook, stirring, until the greens are wilted, about 2 minutes.
7. Serve topped with avocado, tortilla chips, cheese (if using) and lime wedges.
SERVES 8: 1 GENEROUS CUP EACH
Calories 209, Fat 13g (sat 2g), Cholesterol 0mg, Carbs 18g, Total sugars 4g (added 0g), Protein 7g, Fiber 5g, Sodium 350mg, Potassium 400mg.

Tip: *Pasilla chiles, sometimes called negro chiles, are medium-hot dried peppers with a flavor that defines tortilla soup in central Mexico. Find them and other dried chiles in the produce section of large supermarkets or online at* melissas.com.

Tip: *Epazote, an herb used in Mexican cooking, has a pungent, distinctive flavor unlike any other herb. Look for it fresh at farmers' markets or find it dried at Latin markets or online from* melissas.com.

Ribollita Soup

ACTIVE: 1 HR **TOTAL:** 1¼ HRS

Ribollita, a traditional hearty Tuscan soup, typically uses day-old bread to add body and thicken the broth. Here we use a protein-rich bean mash, keeping the soup gluten-free and adding fiber. Garnish with extra-virgin olive oil or pepper and grated Parmesan, if desired.

- **1 14-ounce can no-salt-added whole peeled plum tomatoes**
- **2 15-ounce cans cannellini beans, rinsed, divided**
- **3 tablespoons extra-virgin olive oil, divided**
- **1 medium leek, white and light green parts only, halved lengthwise and sliced *(see Tip, page 81)***
- **¼ cup thinly sliced garlic**
- **½ teaspoon ground pepper, divided**
- **1 cup diced carrots**
- **1 cup diced celery**
- **1 cup diced zucchini**
- **¼ teaspoon kosher salt, divided**
- **1 bunch kale *or* chard, trimmed and cut into 2-inch-wide slices**
- **¼ head Savoy *or* green cabbage, cut into 1-inch cubes**
- **2 cups diced russet potatoes**
- **3 cups vegetable broth**
- **2 cups water**
- **½ teaspoon dried thyme**
- **1 bay leaf**
- **⅛ teaspoon celery seed**
- **Crushed red pepper to taste**

1. Drain tomatoes, reserving the liquid, and dice. Using a potato masher, mash half the beans into a paste (add a bit of broth, if desired, to make mashing the beans easier). Set the tomatoes and beans aside.
2. Heat 2 tablespoons oil in a large pot over medium heat. Add leek and garlic; cook, stirring, until translucent and tender, 2 to 3 minutes. Do not brown. Season with ⅛ teaspoon pepper. Stir in carrots, celery and zucchini and the remaining 1 tablespoon oil; cook, stirring, until nearly tender, 3 to 5 minutes. Season with ⅛ teaspoon each salt and pepper.
3. Stir in kale (or chard) and cabbage. Cover and cook, stirring occasionally, until wilted, 4 to 6 minutes. Add potatoes, broth, water, the diced tomatoes and their juice, the bean puree and whole beans, thyme and bay leaf. Bring to a simmer over medium heat. Season with celery seed, crushed red pepper and the remaining ¼ teaspoon pepper and the remaining ⅛ teaspoon salt. Cover and cook, stirring occasionally and reducing the heat as necessary to maintain a gentle simmer, until all the vegetables are tender, 15 to 20 minutes.
SERVES 8: ABOUT 1¾ CUPS EACH
Calories 195, Fat 6g (sat 1g), Cholesterol 0mg, Carbs 33g, Total sugars 5g (added 0g), Protein 8g, Fiber 10g, Sodium 530mg, Potassium 598mg.

FIBER-RICH BEANS in this Ribollita Soup help keep you feeling full until your next meal.

PROTEIN DOES DOUBLE DUTY on appetite control by helping reduce one hunger hormone and stimulate another, which helps you feel full. With eggs and tofu, this vegetarian soup delivers 16 grams of hunger-busting protein per serving.

Tofu & Vegetable Stew

ACTIVE: 40 MIN **TOTAL:** 40 MIN

A predominance of umami ingredients (tofu, miso, eggs, soy sauce) make this low-calorie, chunky vegetable stew wonderfully satisfying. Use firm silken tofu if you prefer a soft texture; opt for firm regular tofu for more chew.

- 1½ tablespoons canola oil
- 1 medium onion, chopped
- 1½ tablespoons grated *or* minced fresh ginger
- 4 cups thinly sliced napa cabbage
- 4 cups low-sodium vegetable broth
- ½ cup snipped dulse *or* arame seaweed (*see Tip*)
- 1 cup corn kernels, fresh *or* frozen
- 2 12- to 14-ounce packages firm tofu, silken *or* regular, drained if necessary, cut into ¼-inch cubes
- ¼ cup white miso (*see Tip*)
- 2 large eggs, beaten
- 4 scallions, chopped
- 2 tablespoons rice vinegar

1. Heat oil in a large pot over medium-high heat. Add onion and ginger; cook, stirring often, until fragrant, about 1 minute. Add cabbage; cook, stirring occasionally, until starting to wilt, 1 to 2 minutes.
2. Add broth and seaweed; bring to a boil. Reduce heat to medium and simmer for 5 minutes. Add corn, return to a simmer and cook for 2 minutes. Add tofu and cook until hot, about 3 minutes. Stir in miso and cook 1 minute more.
3. Drizzle eggs onto the surface of the stew and let simmer, undisturbed, until the eggs are just set, 1 to 2 minutes. Remove from the heat and add scallions and vinegar; gently stir to combine.

SERVES 5: ABOUT 2 CUPS EACH
Calories 239, Fat 11g (sat 2g), Cholesterol 74mg, Carbs 20g, Total sugars 8g (added 0g), Protein 16g, Fiber 4g, Sodium 731mg, Potassium 606mg.

Tip: *Dulse and arame (sometimes called sea vegetables) are two of the most common seaweeds used in Asian cooking. Look for them in Asian or natural food markets.*

Tip: *Miso is a fermented soybean paste made from soybeans, salt and grains (usually barley or rice). White or sweet miso (Shiro-miso), made with soy and rice, is yellow and milder in flavor. Red miso (Akamiso), made from barley or rice and soy is salty and tangy. Look for miso alongside refrigerated tofu. It keeps in the refrigerator for at least a year.*

Italian Egg-Drop Soup

ACTIVE: 25 MIN **TOTAL:** 25 MIN

Italian egg-drop soup, also known as Stracciatella, is traditionally a light soup made with just chicken broth, eggs and herbs. We add whole-grain pasta, chickpeas and arugula to make it heartier.

- 6 cups low-sodium chicken broth
- 2 cups water
- 1⅓ cups whole-wheat medium pasta shells *or* other small pasta (4 ounces)
- 1 7-ounce can chickpeas (⅔ cup), rinsed
- 1 bunch scallions, sliced, whites and greens divided
- Pinch of freshly grated nutmeg
- 3 cups chopped arugula, any tough stems removed
- 4 large eggs, lightly beaten
- Ground pepper to taste
- 2 tablespoons lemon juice
- 6 tablespoons freshly grated Parmesan cheese

1. Combine broth, water, pasta, chickpeas, scallion whites and nutmeg in a large pot; cover and bring to a boil over high heat. Uncover and boil for half as long as directed by the pasta package, 3 to 5 minutes.
2. Stir in arugula and cook until wilted, about 1 minute. Reduce heat to low. While stirring the soup constantly, slowly add eggs; cook for 2 minutes. (The cooked egg will look like feathery strands.) Season with pepper and stir in the scallion greens and lemon juice. Serve topped with Parmesan.

SERVES 6: ABOUT 1½ CUPS EACH
Calories 226, Fat 7g (sat 2g), Cholesterol 128mg, Carbs 29g, Total sugars 2g (added 0g), Protein 16g, Fiber 4g, Sodium 271mg, Potassium 420mg.

BOWL WISE

Your brain gets tricked into thinking you're eating more when you use smaller bowls.

A drizzle of egg turns to feathery WISPS in this soup.

Mushroom-Beef Noodle Soup

ACTIVE: 50 MIN **TOTAL:** 1¼ HRS
TO MAKE AHEAD: Prepare through Step 3 and refrigerate for up to 3 days; stir in noodles just before serving.

You don't need a lot of beef in this homey soup—mushrooms and a little Worcestershire give you plenty of savory flavor.

- ½ ounce dried porcini mushrooms
- 1 cup boiling water
- 2 teaspoons canola oil
- 1½ cups chopped celery
- 1½ cups chopped carrots
- 3 cloves garlic, minced
- 1 pound cremini mushrooms, chopped
- 1½ cups chopped onion
- 1 pound boneless sirloin *or* flank steak, trimmed, cut into ½-inch cubes
- 2 tablespoons tomato paste
- ½ cup red wine
- 1 tablespoon Worcestershire sauce
- 6 cups reduced-sodium beef broth
- 1 large turnip, peeled and cut into ¼-inch dice
- 1 bay leaf
- ½ teaspoon dried thyme
- ½ teaspoon ground pepper
- ¼ teaspoon salt
- 2 cups whole-wheat egg noodles, cooked
- ½ cup chopped fresh parsley *or* dill for garnish

1. Place porcini in a bowl; add boiling water and soak for 10 minutes to soften. Line a sieve with cheesecloth or a paper towel, place over a bowl and strain, reserving the liquid; finely chop the porcini and set aside.
2. Heat oil in a large pot over medium heat. Cook celery, carrots and garlic, stirring frequently, until softened, 6 to 8 minutes. Transfer to a bowl. Add cremini mushrooms and onion; cook over medium-high heat, stirring, until browned, 8 to 10 minutes. Transfer to the bowl.
3. Add steak to the pot and cook on medium-high, stirring occasionally, until beginning to brown, 3 to 5 minutes; add tomato paste and cook, stirring, for 30 seconds. Add wine and Worcestershire and cook until the sauce thickens slightly, about 30 seconds. Stir in the porcini and liquid, reserved vegetables, broth, turnip, bay leaf, thyme, pepper and salt; cover and bring to a boil. Reduce heat and simmer, covered, until the vegetables are tender, 25 to 30 minutes.
4. Discard the bay leaf. Stir in noodles. Garnish with herbs, if desired.
SERVES 8: ABOUT 1⅔ CUPS EACH
Calories 200, Fat 4g (sat 1g), Cholesterol 33mg, Carbs 21g, Total sugars 7g (added 0g), Protein 17g, Fiber 4g, Sodium 535mg, Potassium 781mg.

Leek, Potato & Spinach Stew

ACTIVE: 35 MIN **TOTAL:** 35 MIN

Just a touch of sausage along with tons of vegetables makes this soup a complete meal. This recipe calls for leeks, potatoes, garlic and spinach but you can vary the ingredients according to what's fresh at the farmers' market.

- 1 tablespoon extra-virgin olive oil
- 2 links hot Italian turkey sausage (6-7 ounces), casings removed
- 2 cups chopped leeks (about 2 leeks), white and light green parts only, rinsed well *(see Tip, page 81)*
- 4 cloves garlic, thinly sliced
- ⅛ teaspoon salt
- 1 cup dry white wine
- 1 pound new *or* small potatoes, halved and thinly sliced
- 4 cups reduced-sodium chicken broth
- 8 ounces spinach, stemmed and chopped (about 8 cups)
- 1 bunch scallions, sliced
- 1 15-ounce can cannellini beans, preferably no-salt-added, rinsed
- ½ cup chopped fresh herbs, such as dill, chervil, chives *and/or* parsley

Heat oil in a large pot over medium heat. Add sausage and leeks and cook, stirring occasionally and crumbling the sausage with a wooden spoon, until the leeks are tender, about 5 minutes. Add garlic and salt and stir until fragrant, about 20 seconds. Add wine, cover and bring to a boil over high heat. Uncover and cook until the wine is almost evaporated, about 4 minutes. Add potatoes and broth; cover and bring to a boil. Stir in spinach and scallions and cook, covered, until the potatoes are tender, about 5 minutes. Remove from the heat and stir in beans. Cover and let stand for 1 minute. Serve sprinkled with herbs.
SERVES 6: ABOUT 1½ CUPS EACH
Calories 241, Fat 5g (sat 1g), Cholesterol 21mg, Carbs 32g, Total sugars 4g (added 0g), Protein 15g, Fiber 7g, Sodium 775mg, Potassium 1,059mg.

SLIMMING SOUPS

Filling up on **BROTH-BASED** soup can help keep you from overdoing it on high-calorie fare later

Quinoa Mushroom Soup

ACTIVE: 40 MIN **TOTAL:** 1 HR

A bit reminiscent of old-fashioned mushroom-barley, this soup gets a modern update with protein-packed quinoa. A mix of fresh cultivated and dried wild mushrooms boosts the savory flavor.

- ½ ounce dried porcini mushrooms
- 1 cup boiling water
- 1 tablespoon extra-virgin olive oil plus 2 teaspoons, divided
- 12 ounces mixed mushrooms (shiitake, oyster, cremini), thinly sliced
- ¼ teaspoon ground pepper, plus more to taste
- ¼ cup dry sherry *or* dry vermouth
- 1 large onion, finely chopped
- 2 stalks celery, chopped
- 1 large carrot, halved lengthwise and thinly sliced
- ½ small red bell pepper, chopped
- 4 cups mushroom broth *or* low-sodium chicken broth
- ¾ cup canned no-salt-added crushed tomatoes *or* tomato puree
- ½ cup quinoa
- 1 tablespoon dried marjoram *or* oregano
- 1 bay leaf
- 2 teaspoons reduced-sodium soy sauce (optional)

1. Combine porcini and boiling water in a small bowl, cover with a plate and set aside for 20 minutes.

2. Meanwhile, heat 1 tablespoon oil in a large pot over medium-high heat. Add fresh mushrooms, sprinkle with pepper, and cook without stirring for 2 minutes. Stir and continue to cook, stirring once or twice, until the mushrooms have given off their liquid and are well browned, about 4 minutes more. Add sherry (or vermouth) and cook, stirring, for 1 minute.

3. Add the remaining 2 teaspoons oil to the pot. Add onion, celery, carrot and bell pepper and cook, stirring frequently, until the onion is tender and translucent, about 4 minutes.

4. Meanwhile, line a sieve with a paper towel, place over a bowl and strain the porcini; reserve the liquid. Chop the porcini and add to the pot along with the strained liquid. Add broth, tomatoes, quinoa, marjoram (or oregano) and bay leaf; bring to a boil. Reduce heat to a simmer, cover and cook for 20 minutes. Remove from heat, stir in soy sauce (if using) and season with pepper.

SERVES 4: 2 CUPS EACH

Calories 227, Fat 8g (sat 1g), Cholesterol 0mg, Carbs 30g, Total sugars 7g (added 0g), Protein 8g, Fiber 6g, Sodium 572mg, Potassium 773mg.

WITH 2 FULL SERVINGS OF VEGETABLES, **this soup fills you up for only 161 calories per bowl.**

Veggistrone

ACTIVE: 1 HR **TOTAL:** 1¾ HRS

TO MAKE AHEAD: Prepare through Step 2 and refrigerate for up to 5 days or freeze for up to 6 months; finish Step 3 just before serving.

If you need a bit more protein or calories, think of this recipe as a starting point for other healthy soup variations, too: toss in leftover chopped cooked chicken or whole-wheat pasta or brown rice.

- **2 tablespoons extra-virgin olive oil**
- **2 cups chopped onions (2 medium)**
- **2 cups chopped celery (4 medium stalks)**
- **1 cup chopped green bell pepper (1 medium)**
- **4 cloves garlic, minced**
- **3 cups chopped cabbage**
- **3 cups chopped cauliflower (about ½ medium)**
- **2 cups chopped carrots (4 medium)**
- **2 cups green beans, cut into 1-inch pieces, or frozen, thawed**
- **8 cups low-sodium vegetable broth *or* chicken broth**
- **2 cups water**
- **1 15-ounce can tomato sauce**
- **1 14-ounce can diced tomatoes**
- **1 15-ounce can kidney *or* pinto beans, rinsed**
- **1 bay leaf**
- **4 cups chopped fresh spinach *or* one 10-ounce package frozen chopped spinach, thawed**
- **½ cup thinly sliced fresh basil**
- **10 tablespoons freshly grated Parmesan cheese**

1. Heat oil in a large pot over medium heat. Add onions, celery, bell pepper and garlic; cook, stirring frequently, until softened, 13 to 15 minutes. Add cabbage, cauliflower, carrots and green beans; cook, stirring occasionally, until slightly softened, about 10 minutes more.

2. Add broth, water, tomato sauce, tomatoes, beans and bay leaf; cover and bring to a boil. Reduce heat and simmer, partially covered, until the vegetables are tender, 20 to 25 minutes. Stir in spinach and simmer for 10 minutes more.

3. Discard the bay leaf. Stir in basil. Serve topped with Parmesan.

SERVES 10: 2 CUPS EACH

Calories 161, Fat 5g (sat 1g), Cholesterol 4mg, Carbs 25g, Total sugars 9g (added 0g), Protein 7g, Fiber 8g, Sodium 591mg, Potassium 727mg.

Very Green Lentil Soup

ACTIVE: 1 HR 5 MIN **TOTAL:** 1 HR 20 MIN
TO MAKE AHEAD: Refrigerate for up to 3 days.

Both French green lentils and the more commonly available brown lentils are delicious in this cumin-and-coriander-spiced soup. Green lentils will hold their shape, while brown will start to break down a bit. (Recipe by Anna Thomas for EatingWell.)

- **2 tablespoons extra-virgin olive oil, plus more for garnish**
- **2 large yellow onions, chopped**
- **1¼ teaspoons salt, divided**
- **2 tablespoons water plus 4 cups, divided**
- **1 cup French green (Le Puy) *or* brown lentils**
- **8 large green chard leaves**
- **1 medium Yukon Gold potato, scrubbed**
- **12 cups gently packed spinach (about 10 ounces), any tough stems trimmed**
- **4 scallions, cut into 1-inch pieces**
- **5 cups low-sodium vegetable broth**
- **2 cups chopped broccoli**
- **1 tablespoon cumin seeds, lightly toasted and ground (*see Tip*)**
- **½ teaspoon ground coriander**
- **1 cup chopped fresh cilantro**
- **2 tablespoons chopped fresh mint**
- **½ jalapeño pepper, minced**
- **Ground pepper to taste**
- **1 tablespoon fresh lemon juice, or more to taste**
- **Crumbled feta cheese for garnish**

1. Heat 2 tablespoons oil in a large skillet over high heat. Add onions and ¼ teaspoon salt; cook, stirring frequently, until the onions begin to brown, about 5 minutes. Reduce the heat to low, add 2 tablespoons water and cover. Cook, stirring frequently until the pan cools down, and then occasionally, always covering the pan again, until the onions are a deep caramel color, 25 to 35 minutes.

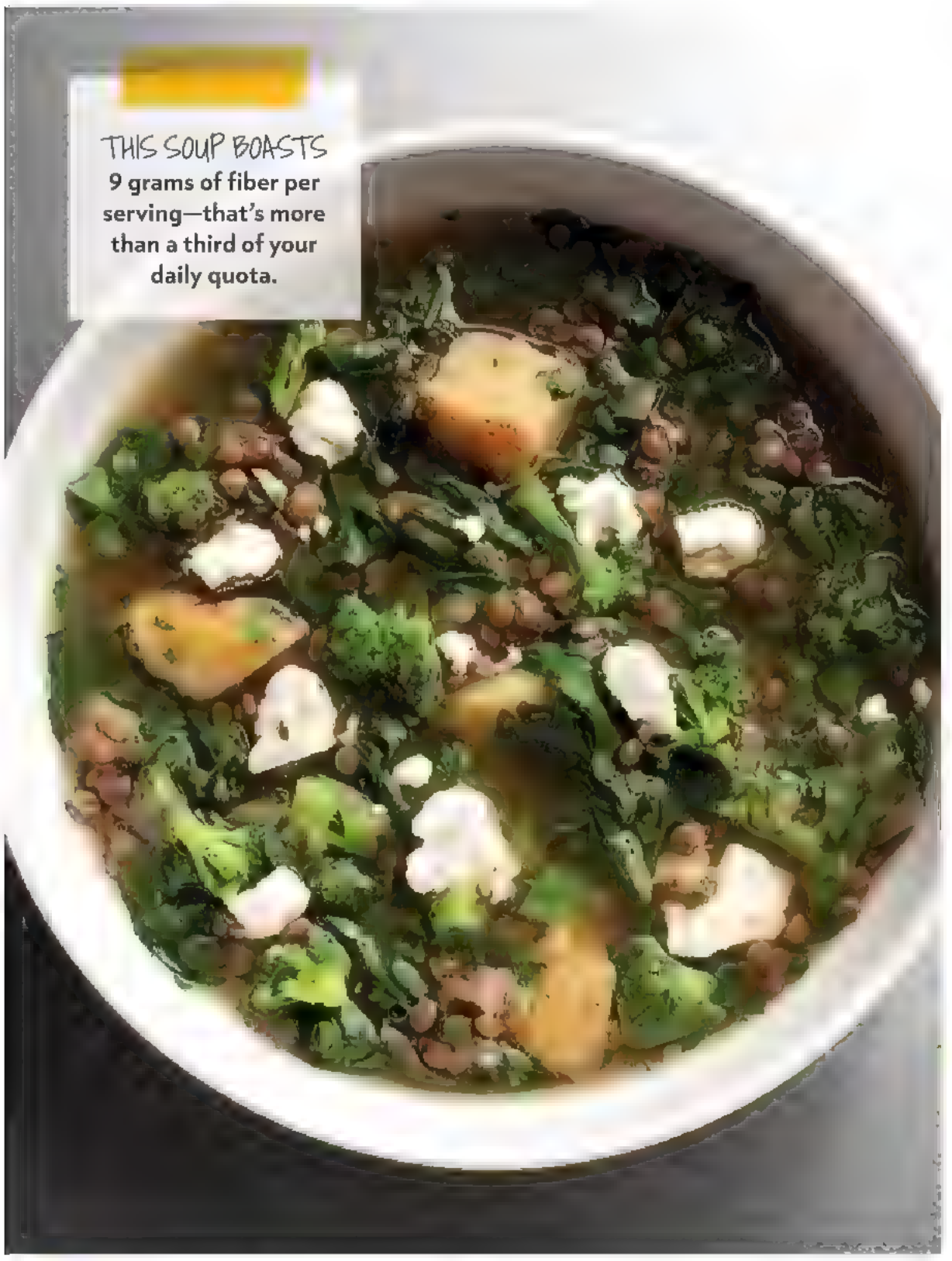
2. Meanwhile, rinse lentils and pick out any small stones; combine the lentils with the remaining 4 cups water in a large pot. Bring to a boil. Reduce heat to maintain a simmer, cover and cook for 20 minutes. Trim the white ribs out of the chard; chop the greens and slice the ribs (keep in separate piles). Cut potato into ½-inch dice. Chop spinach; set aside.

3. When the lentils have cooked for 20 minutes, stir in the chard ribs, potato, scallions, broth and the remaining 1 teaspoon salt; return to a gentle simmer. Cover and cook for 15 minutes.

4. Stir in the chard leaves, broccoli, cumin and coriander. When the onions are caramelized, stir a little of the simmering liquid into them; add them to the soup. Return to a simmer, cover and cook 5 minutes more. Stir in the reserved spinach, cilantro, mint, jalapeño and pepper; return to a simmer, cover and cook until the spinach is tender but still bright green, about 5 minutes more. Stir in 1 tablespoon lemon juice. Taste and add more lemon juice and/or pepper, if desired. Serve with a drizzle of olive oil and crumbled feta cheese.

SERVES 8: ABOUT 1⅔ CUPS EACH
Calories 181, Fat 4g (sat 1g), Cholesterol 0mg, Carbs 29g, Total sugars 5g (added 0g), Protein 9g, Fiber 9g, Sodium 535mg, Potassium 793mg.

Tip: *Toasting spices before grinding intensifies their flavor. Toast cumin seeds in a dry skillet over medium heat until fragrant, 1 to 2 minutes. Cool, then grind in a spice mill, blender or clean coffee grinder. No grinder? Use an equal amount of ground cumin.*



THIS SOUP BOASTS
9 grams of fiber per serving—that's more than a third of your daily quota.

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Made with a secret ingredient, whose origins and goodness from farm to table are as delicious as they are nutritious. We even added it to our frozen entrées and soups.

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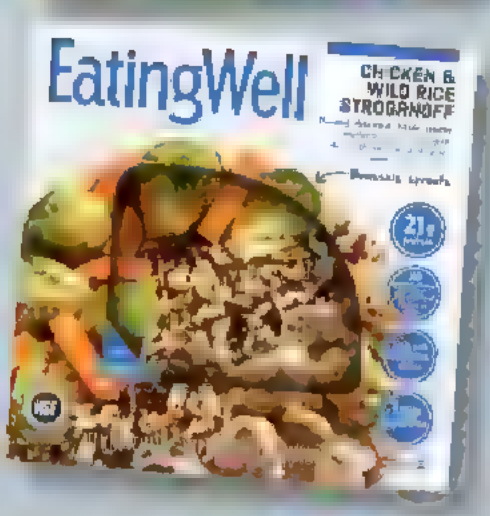


Changeable Chicken Soup

Making chicken soup is an essential cooking skill. This master recipe teaches you the basics and gives you plenty of ideas for making this most comforting soup your own.

1 Lay the base

The best soups start with a combination of aromatic vegetables cooked in oil to bring out their flavor. To start, heat **2 Tbsp. extra-virgin olive oil** in a large pot over medium heat; add **1 cup chopped onion** and **2 large minced garlic cloves.** Cook, stirring, until softened, 2 to 3 minutes. Add **2 to 4 tsp. seasonings.** Cook, stirring, 1 to 2 minutes more.

SEASONINGS

Dried	Ground	Minced
bay leaf	allspice	chipotle chiles in adobo
marjoram	cayenne	ginger
oregano	chili powder	lemongrass
rosemary	chipotle	
sage	cinnamon	
thyme	coriander	
	cumin	
	curry powder	
	paprika	

2 Hack "homemade" broth

Save time by using boxed or canned broth (look for low-sodium options with about 150 mg sodium per cup). Make it taste like homemade stock by cooking the chicken for the soup in the broth before adding other ingredients. Pour **8 cups low-sodium chicken broth** into the pot with the seasonings. Add **2 lb. bone-in chicken breasts** (without skin); simmer until cooked through (165°F on an instant-read thermometer), 20 to 22 minutes. While it cooks, skim any foam from the surface to keep the broth clear. Transfer the chicken to a clean cutting board to cool; shred or chop into bite-size pieces.

3 Load it with vegetables

A bowl of soup can be a great way to help you get more vegetables into your day. Add **6 to 8 cups vegetables** to the broth after you take out the chicken. Return to a simmer and cook until the vegetables are tender, 4 to 10 minutes.

VEGETABLES (fresh or frozen, thawed)

Diced
bell pepper
celery root
potato
rutabaga
sweet potato
turnip
winter squash

Chopped
broccoli
broccolini
cauliflower
chard
collards
green beans
kale
spinach
tomatoes

Sliced
cabbage
carrots
celery
fennel
mushrooms
yellow squash
zucchini

Whole
corn kernels
shelled peas

4 Bump up fiber

Add **3 cups cooked whole grains** or **1½ cups cooked beans** (or one 15-oz. can rinsed beans) to the pot. Stir in the chicken, **1¼ tsp. salt** and **½ tsp. pepper.** Cook until heated through.

PASTA / GRAINS / BEANS

Whole-wheat	Grains	Beans
egg noodles	barley	black beans
fusilli	brown rice	cannellini
macaroni	couscous	chickpeas
orzo	farro	kidney beans
spaghetti	freekeh	navy beans
wagon wheels	millet	
	quinoa	
	wheat berries	

5 Go for big flavor

Just before serving, add one more layer of flavor. Add a pop of freshness with something as simple as chopped parsley or a squeeze of lime. Or for a more complex finish, stir in some pesto or chile-garlic sauce.

FLAVOR BOOST

Fresh herbs (1-3 Tbsp.)	Herb sauces (2-4 Tbsp.)	Acid (1-3 Tbsp.)
basil	chimichurri	lemon juice
chives	pesto	lime juice
cilantro	salsa verde	vinegar
dill		
mint	**Hot sauces (1-3 tsp.)**	**Umami (1-3 Tbsp.)**
parsley	chile-garlic sauce	fish sauce
tarragon	curry paste	miso
	harissa	reduced-sodium soy sauce or tamari
	sriracha	

Start with classic chicken

CLASSIC
SEASONINGS: 1 tsp. dried thyme, 1 bay leaf
VEGETABLES: 2 cups each sliced celery, sliced carrots and frozen peas
GRAINS: 3 cups cooked whole-wheat egg noodles
FLAVOR BOOST: ¼ cup chopped fresh parsley

soup, then get **CREATIVE** with variations (see next page)

Chicken Soup 5 Ways SPICE IT UP with these FLAVORS from around the world

CHIPOTLE CHICKEN VEGETABLE

SEASONINGS: 2 tsp. finely chopped chipotle chiles in adobo (or 1 tsp. ground chipotle), 1½ tsp. ground cumin, ¼ tsp. ground allspice
VEGETABLES: 3 cups corn kernels, 2 cups sliced zucchini, 2 cups halved cherry tomatoes
GRAINS: 3 cups cooked brown rice
FLAVOR BOOST: 2 to 3 Tbsp. lime juice

Make-Ahead Tip

Store cooked noodles or grains separately from the rest of the soup and add them just before serving. They'll absorb too much broth if stored in the soup.

CLASSIC
(previous page)

Prep Info

ACTIVE: 40 MINUTES
TOTAL: ABOUT 1 HOUR
SERVES 8: 1½-1¾ CUPS EACH

For nutrition analysis, see recipe index on page 94.

SWEET POTATO

SEASONINGS: 1½ tsp. ground **cumin**, ½ tsp. ground **cinnamon**, ¼ tsp. **cayenne**
VEGETABLES: 3 cups diced **sweet potato**, 2 cups diced **red bell pepper**, 2 cups **green beans** (1-inch pieces)
BEANS: 15-oz. can **chickpeas**, rinsed
FLAVOR BOOST: 1 tsp. **harissa**, or to taste

JAPANESE CHICKEN NOODLE

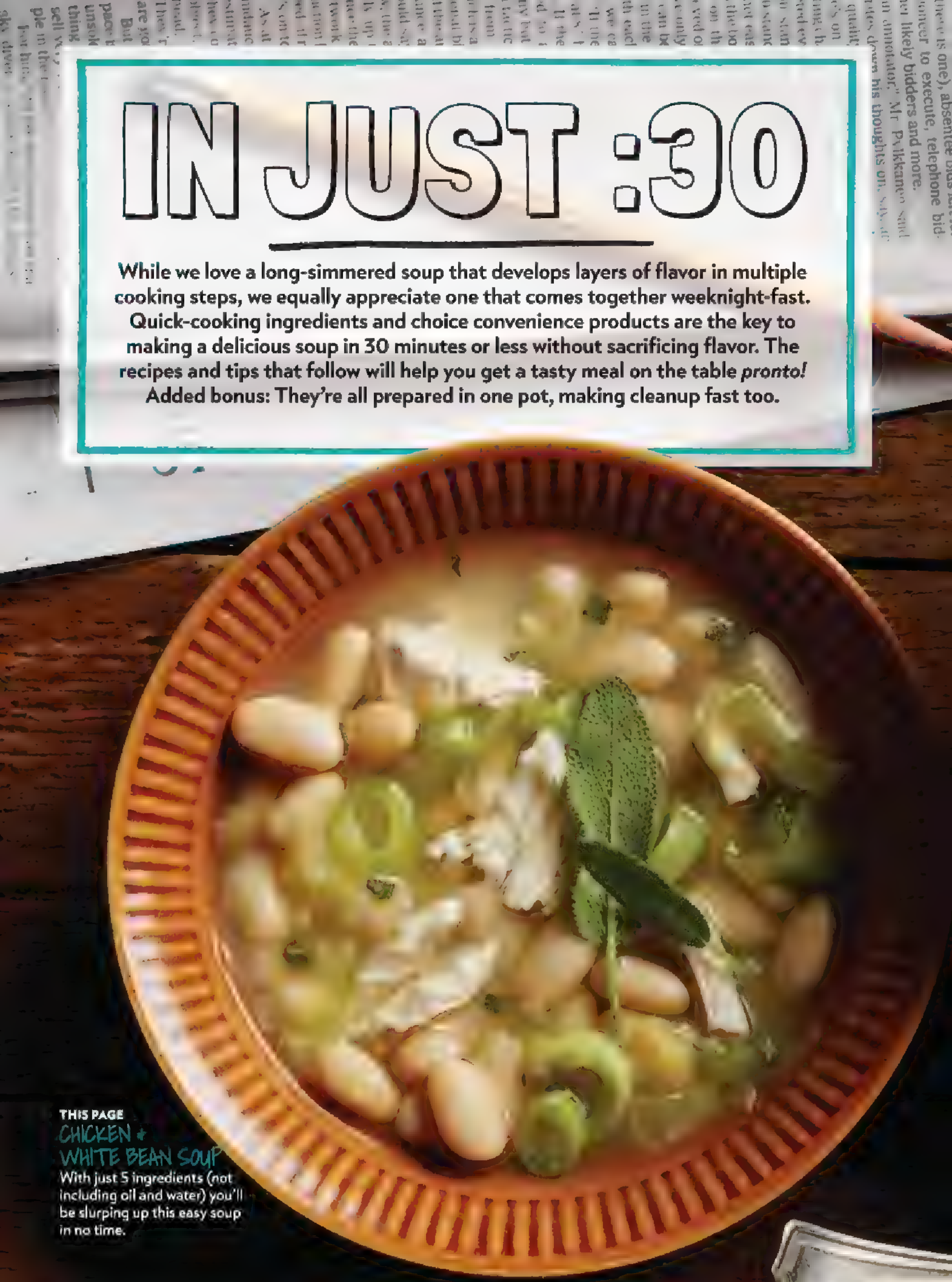
SEASONING: 1 Tbsp. minced fresh **ginger**
VEGETABLES: 3 cups sliced **green cabbage**, 2 cups sliced **shiitake mushroom caps**, 2 cups thinly sliced **carrots**
GRAINS: 3 cups cooked **udon noodles** (or whole-wheat spaghetti)
FLAVOR BOOST: 2 Tbsp. **white miso**

PESTO CHICKEN + CANNELLINI BEAN

SEASONINGS: 1 tsp. dried **marjoram**, 1 tsp. dried **oregano**
VEGETABLES: 3 cups sliced **fennel**, 3 cups chopped **broccolini** (1-inch pieces), 2 cups chopped fresh **tomatoes**
BEANS: 15-oz. can **cannellini beans**, rinsed
FLAVOR BOOST: ¼ cup **pesto**

IN JUST :30

While we love a long-simmered soup that develops layers of flavor in multiple cooking steps, we equally appreciate one that comes together weeknight-fast. Quick-cooking ingredients and choice convenience products are the key to making a delicious soup in 30 minutes or less without sacrificing flavor. The recipes and tips that follow will help you get a tasty meal on the table *pronto!* Added bonus: They're all prepared in one pot, making cleanup fast too.



THIS PAGE

CHICKEN + WHITE BEAN SOUP

With just 5 ingredients (not including oil and water) you'll be slurping up this easy soup in no time.

Ravioli &
Vegetable Soup
p. 44

Chicken &
White Bean Soup
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Salmon Chowder
p. 45

Sweet & Sour
Beef-Cabbage Soup
p. 46

Sweet Potato-
Peanut Bisque
p. 47

Ravioli & Vegetable Soup

ACTIVE: 25 MIN **TOTAL:** 25 MIN
TO MAKE AHEAD: Refrigerate for up to 3 days. Thin with broth before reheating, if desired.

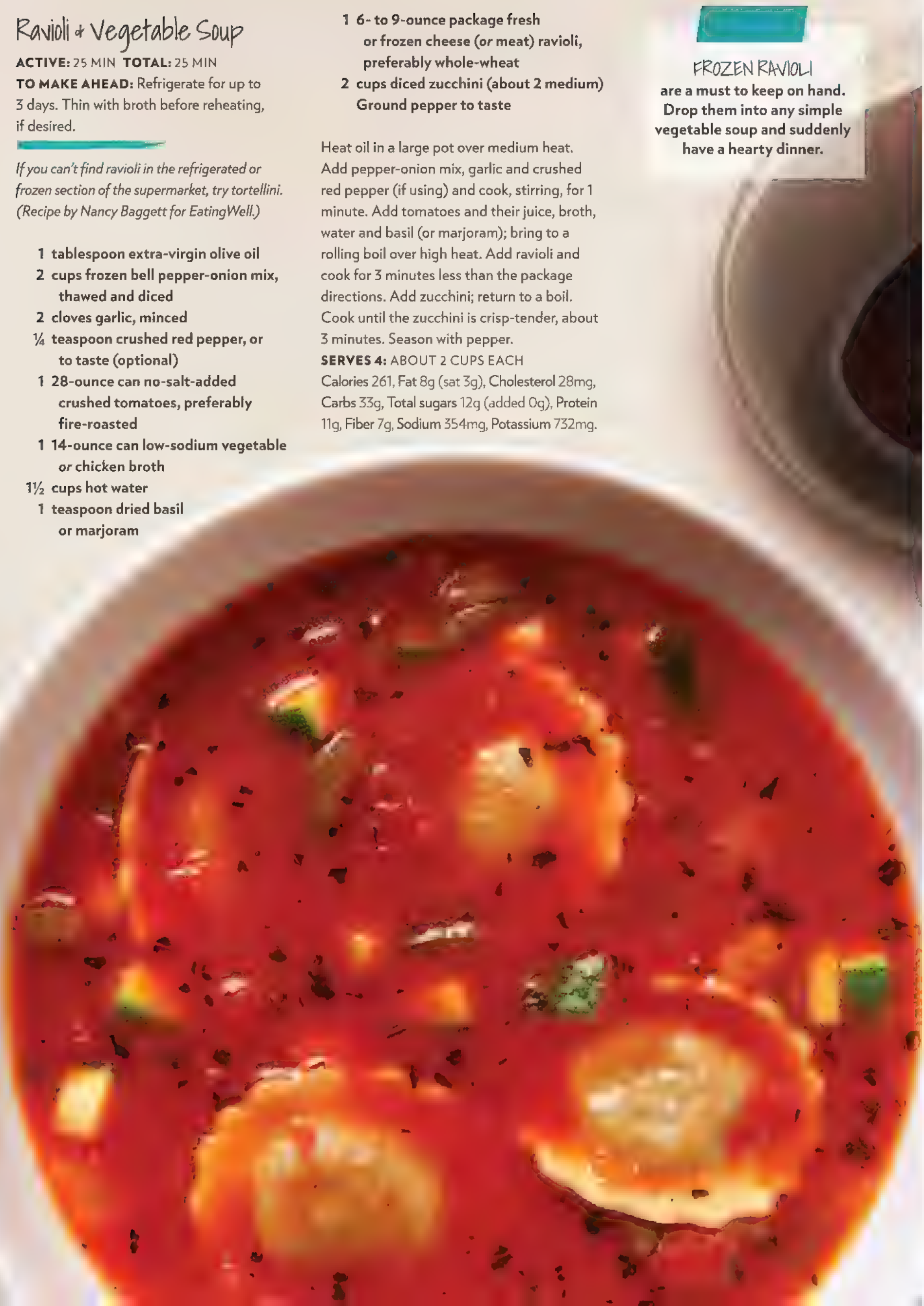
If you can't find ravioli in the refrigerated or frozen section of the supermarket, try tortellini. (Recipe by Nancy Baggett for EatingWell.)

- **1 tablespoon extra-virgin olive oil**
- **2 cups frozen bell pepper-onion mix, thawed and diced**
- **2 cloves garlic, minced**
- **¼ teaspoon crushed red pepper, or to taste (optional)**
- **1 28-ounce can no-salt-added crushed tomatoes, preferably fire-roasted**
- **1 14-ounce can low-sodium vegetable *or* chicken broth**
- **1½ cups hot water**
- **1 teaspoon dried basil or marjoram**
- **1 6- to 9-ounce package fresh or frozen cheese (*or* meat) ravioli, preferably whole-wheat**
- **2 cups diced zucchini (about 2 medium)**
- **Ground pepper to taste**

Heat oil in a large pot over medium heat. Add pepper-onion mix, garlic and crushed red pepper (if using) and cook, stirring, for 1 minute. Add tomatoes and their juice, broth, water and basil (or marjoram); bring to a rolling boil over high heat. Add ravioli and cook for 3 minutes less than the package directions. Add zucchini; return to a boil. Cook until the zucchini is crisp-tender, about 3 minutes. Season with pepper.

SERVES 4: ABOUT 2 CUPS EACH
Calories 261, Fat 8g (sat 3g), Cholesterol 28mg, Carbs 33g, Total sugars 12g (added 0g), Protein 11g, Fiber 7g, Sodium 354mg, Potassium 732mg.

FROZEN RAVIOLI
are a must to keep on hand. Drop them into any simple vegetable soup and suddenly have a hearty dinner.



Chicken & White Bean Soup

(PHOTO: PAGE 42)

ACTIVE: 25 MIN **TOTAL:** 25 MIN

TO MAKE AHEAD: Refrigerate for up to 2 days.

Rotisserie chicken can relieve the dinner-rush pressure—but they're usually loaded with sodium. Keep your soup in check by balancing the rest of your recipe with other less-salty ingredients like low-sodium broth and rinsed canned beans.

- **2 teaspoons extra-virgin olive oil**
- **2 leeks, white and light green parts only, cut into ¼-inch rounds** ***(see Tip, page 81)***
- **1 tablespoon chopped fresh sage *or* ¼ teaspoon dried**
- **2 14-ounce cans low-sodium chicken broth**
- **2 cups water**
- **1 15-ounce can cannellini beans, rinsed**
- **1 2-pound roasted chicken, skin discarded, meat removed from bones and shredded (4 cups)**

Heat oil in a large pot over medium-high heat. Add leeks and cook, stirring often, until soft, about 3 minutes. Stir in sage and continue cooking until fragrant, about 30 seconds. Stir in broth and water, increase heat to high, cover and bring to a boil. Add beans and chicken and cook, uncovered, stirring occasionally, until heated through, about 3 minutes.

SERVES 6: 1½ CUPS EACH

Calories 248, Fat 6g (sat 1g), Cholesterol 79mg, Carbs 15g, Total sugars 1g (added 0g), Protein 35g, Fiber 4g, Sodium 244mg, Potassium 408mg.

IN JUST 30
INSTANT MASHED POTATO FLAKES
may sound like a sketchy ingredient, but they're not! Many brands only contain dehydrated potato flakes.

Salmon Chowder

ACTIVE: 30 MIN **TOTAL:** 30 MIN

Even if you don't keep instant mashed potatoes in your pantry, it's worth picking some up for this soup. They give the soup a thick, chowder texture without any heavy cream or butter. Leftover mashed potatoes work too, but give a slightly less-velvety texture. (Recipe by Nancy Baggett for EatingWell.)

- **1 tablespoon canola oil**
- **⅓ cup chopped carrot**
- **⅓ cup chopped celery**
- **1 12-ounce skinned wild salmon fillet** ***(see Tip)***
- **4 cups low-sodium chicken broth**
- **1½ cups water**
- **2½ cups frozen cauliflower florets, thawed and coarsely chopped**
- **3 tablespoons chopped fresh chives *or* scallions *or* 1½ tablespoons dried chives**
- **1⅓ cups instant mashed potato flakes *or* 2 cups leftover mashed potatoes**
- **¼ cup chopped fresh dill *or* 2 teaspoons dried tarragon**
- **1 tablespoon Dijon mustard**
- **¼ teaspoon salt**
- **Ground pepper to taste**

1. Heat oil in a large pot over medium heat. Add carrot and celery and cook, stirring frequently, until the vegetables just begin to brown, 3 to 4 minutes. Add salmon, broth, water, cauliflower and chives (or scallions) and bring to a simmer. Cover and cook, maintaining a gentle simmer, until the salmon is just cooked through, 5 to 8 minutes. Remove the salmon to a clean cutting board. Flake into bite-size pieces with a fork.

2. Stir potato flakes (or leftover mashed potatoes), dill (or tarragon) and mustard into the soup until well blended. Return to a simmer. Add the salmon and reheat. Season with salt and pepper.

SERVES 6: ABOUT 1½ CUPS EACH

Calories 178, Fat 6g (sat 1g), Cholesterol 27mg, Carbs 17g, Total sugars 2g (added 0g), Protein 17g, Fiber 2g, Sodium 257mg, Potassium 499mg.

Tip: *All wild salmon—and now some farmed—is considered a sustainable choice for the environment. For farmed, ask for fish that's raised in land- or tank-based systems. For more information about choosing sustainable seafood, go to* seafoodwatch.org.

IN
JUST:30

Sweet & Sour Beef-Cabbage Soup

ACTIVE: 30 MIN **TOTAL:** 30 MIN

Pantry items, like dried herbs, vinegar, honey, canned tomatoes and frozen vegetables, give this fast German-inspired soup tons of flavor without the need for a long simmering time. For an even heartier soup, add diced cooked potatoes along with the cabbage. (Recipe by Nancy Baggett for EatingWell.)

- 1 tablespoon canola oil
- 1 pound lean (90% or leaner) ground beef
- 1½ teaspoons caraway seeds
- 1 teaspoon dried thyme
- 2½ cups frozen bell pepper-onion mix, thawed, chopped
- 1 medium Golden Delicious *or* other sweet-tart cooking apple, diced
- 6 cups reduced-sodium beef broth
- 1 15-ounce can crushed *or* diced tomatoes
- 1½ tablespoons honey
- 1 tablespoon paprika, preferably Hungarian sweet
- 3 cups coarsely chopped Savoy *or* green cabbage
- 1-2 tablespoons cider vinegar
- ¼ teaspoon salt
- Ground pepper to taste

1. Heat oil in a large pot over medium heat. Add beef, caraway seeds and thyme and cook, stirring and breaking up the beef with a spoon, until it is mostly browned, about 4 minutes. Stir in pepper-onion mix and apple; cook, stirring, for 2 to 3 minutes more.

2. Stir in broth, tomatoes, honey and paprika and adjust the heat so the mixture boils gently. Cook for 8 to 10 minutes to blend the flavors. Stir in cabbage and cook just until barely tender, 3 to 4 minutes more. Season with vinegar to taste, salt and pepper.

SERVES 6: ABOUT 1¼ CUPS EACH
Calories 240, Fat 9g (sat 3g), Cholesterol 53mg, Carbs 21g, Total sugars 15g (added 4g), Protein 19g, Fiber 5g, Sodium 717mg, Potassium 671mg.

FROZEN VEGETABLES
give soup a nutrition boost, without all the prepping or an extra trip to the store, if you keep them in your freezer.

Sweet Potato-Peanut Bisque

ACTIVE: 30 MIN **TOTAL:** 30 MIN
TO MAKE AHEAD: Refrigerate for up to 3 days. Thin with water before reheating, if desired.

Variants of potato and peanut soups can be found all over West Africa. Our take uses nutrient-rich sweet potatoes, reduced-sodium tomato juice and creamy peanut butter. (Recipe by Nancy Baggett for EatingWell.)

- **2 large sweet potatoes (10-12 ounces each)**
- **1 tablespoon canola oil**
- **1 small yellow onion, chopped**
- **1 large clove garlic, minced**
- **3 cups reduced-sodium tomato-vegetable juice blend *or* tomato juice**
- **1 4-ounce can diced green chiles, preferably hot, drained**
- **2 teaspoons minced fresh ginger**
- **1 teaspoon ground allspice**
- **1 15-ounce can low-sodium vegetable broth**
- **½ cup smooth natural peanut butter**
- **Ground pepper to taste**
- **Chopped fresh cilantro leaves for garnish**

1. Prick sweet potatoes in several places with a fork. Microwave on High until just cooked through, 7 to 10 minutes. Set aside to cool.
2. Meanwhile, heat oil in a large pot over medium-high heat. Add onion and cook, stirring, until it just begins to brown, 2 to 4 minutes. Add garlic and cook, stirring, for 1 minute more. Stir in juice, green chiles, ginger and allspice. Adjust the heat so the mixture boils gently; cook for 10 minutes.
3. Meanwhile, peel the sweet potatoes and chop into bite-size pieces. Add half to the pot. Place the other half in a food processor or blender along with broth and peanut butter. Puree until completely smooth. Add the puree to the pot and stir well to combine. Thin the bisque with water, if desired. Season with pepper. Heat until hot. Garnish with cilantro, if desired.

SERVES 5: ABOUT 1½ CUPS EACH
Calories 286, Fat 16g (sat 3g), Cholesterol 0mg, Carbs 29g, Total sugars 13g (added 0g), Protein 9g, Fiber 6g, Sodium 314mg, Potassium 989mg.

THE MICROWAVE
cooks sweet potatoes fast, so you don't have to wait an hour for them to bake in the oven.

PARTY in a BOWL

Everyone brings their own sense of taste—and planning—to the table when it comes to feeding company. Maybe you're the type that loves to impress with a dish that features origami-like homemade wontons. Or perhaps you just want a guaranteed-delicious recipe that you can get on the table without too much fuss. Whichever type of entertainer you are, don't worry, we've got a soup for you.

THIS PAGE

SEAFOOD GUMBO

Party planners rejoice! Everything for this dinner party—the soup, garnishes and rice—can be made ahead.

Seafood Gumbo
p. 50

Singapore-Style Chicken & Noodle Soup (*Laksa*)
p. 50

Baked Vegetable Soup
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Quick Pepperpot Soup
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White Turkey Chili
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Shrimp & Chinese Chive Wonton Soup
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PARTY IN A BOWL

for the NO-STRESS dinner party

Seafood Gumbo

(PHOTO: PAGE 48)

ACTIVE: 1 HR 20 MIN **TOTAL:** 2¼ HRS

TO MAKE AHEAD: Prepare through Step 3 and refrigerate for up to 2 days. Return to a simmer and finish with Step 4.

Gumbo, a hearty stew made with anything from sausage or duck to rabbit or seafood, is the perfect easy dinner-party fare. Make it before guests arrive, then all you have to do is put out all the extra fixin's—hot sauce, scallions, rice and beer. (Recipe adapted from Eula Mae's Cajun Kitchen *by Eula Mae Doré and Marcelle R. Bienvenu; Harvard Common Press, 2007.)*

- **5 tablespoons canola oil, divided**
- **1 pound okra, fresh *or* frozen (thawed), trimmed and cut into ¼-inch-thick rounds**
- **4 teaspoons distilled white vinegar**
- **⅓ cup all-purpose flour**
- **2 cups chopped green bell peppers**
- **1¼ cups chopped yellow onions**
- **1¼ cups chopped scallions, divided**
- **1 cup chopped celery**
- **1 clove garlic, minced**
- **1 28-ounce can diced tomatoes with their juice**
- **2 cups seafood stock *or* water**
- **½ cup cubed boiled deli ham**
- **2 bay leaves**
- **2 sprigs fresh thyme *or* ½ teaspoon dried**
- **1 tablespoon Worcestershire sauce**
- **1 teaspoon hot sauce**
- **⅛ teaspoon salt**
- **1 pound peeled, deveined raw shrimp (26-30 count)**
- **8 ounces lump crabmeat, any shells or cartilage removed**
- **2 tablespoons chopped fresh parsley**

1. Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add okra and cook, stirring often, until it starts to turn dark brown, 18 to 22 minutes. Add vinegar and cook, stirring frequently, until the okra is completely browned and no longer has "sticky strings" attached, 2 to 3 minutes more. Remove from heat and set aside.

2. Heat the remaining 4 tablespoons oil in a large pot over medium heat for 2 minutes. Add flour and cook, stirring slowly and constantly, until the mixture smells very toasty and is the color of peanut butter, 5 to 10 minutes.

3. Add bell peppers, onions, 1 cup scallions, celery and garlic and cook, stirring often, until the vegetables are tender and lightly golden, 10 to 12 minutes. Stir in the okra, tomatoes, stock (or water), ham, bay leaves, thyme, Worcestershire, hot sauce and salt. Reduce the heat to medium-low, cover and simmer, adjusting the heat as necessary to maintain a slow, steady simmer, for 45 minutes.

4. Add shrimp and crabmeat to the pot and simmer, uncovered, until the shrimp are cooked through, about 8 minutes. Discard the bay leaves and thyme sprigs. Garnish with parsley and the remaining scallions.

SERVES 8: ABOUT 1½ CUPS EACH

Calories 243, Fat 10g (sat 1g), Cholesterol 104mg, Carbs 18g, Total sugars 6g (added 0g), Protein 22g, Fiber 5g, Sodium 593mg, Potassium 737mg.

Singapore-Style Chicken & Noodle Soup (Laksa)

ACTIVE: 1¼ HRS **TOTAL:** 1¼ HRS

TO MAKE AHEAD: Refrigerate the noodles, soup and toppings in separate containers for up to 2 days.

Take your friends on a culinary globe-trotting adventure with this curry laksa, *a popular Southeast Asian noodle soup. Serve with a zesty Gewürztraminer or dry Riesling.*

- **2 cups chopped onions**
- **2 small red *or* green chiles (such as serrano *or* jalapeño), seeded and diced**
- **1 2-inch piece fresh ginger, peeled and coarsely chopped**
- **2 cloves garlic, crushed**
- **¼ cup macadamia nuts**
- **3 tablespoons fish sauce**
- **2 teaspoons dark brown sugar**
- **1 tablespoon ground coriander**
- **2 teaspoons ground cumin**
- **1 teaspoon curry powder**
- **1 teaspoon ground turmeric**
- **1 teaspoon ground *or* crushed fennel seed**
- **1 teaspoon ground pepper**
- **2 tablespoons peanut oil**
- **6 cups low-sodium chicken broth**
- **1 pound boneless, skinless chicken breast, trimmed**
- **1 14-ounce can "lite" coconut milk**
- **2 tablespoons lime juice, or to taste**
- **2 tablespoons reduced-sodium soy sauce**
- **1 14-ounce package extra-firm tofu, drained, cut into ½-inch cubes**
- **1 cup diced tomatoes *or* one 14-ounce can diced tomatoes, drained**
- **1 7-ounce package mung bean sprouts (about 3 cups)**
- **8 ounces bean thread noodles (*see Tip*)**
- **3 hard-boiled eggs, thinly sliced**
- **6 scallions, thinly sliced**
- **½ cup coarsely chopped fresh cilantro**
- **Sriracha *or* other hot sauce for serving**
- **Lime wedges for serving**

1. Put onions, chiles, ginger, garlic, nuts, fish sauce, brown sugar, coriander, cumin, curry powder, turmeric, fennel and pepper in a blender. Puree until the mixture forms a paste.

2. Heat oil in a large pot over medium heat. Using a spatula, scrape in the paste and cook, stirring, until it starts to color, 3 to 5 minutes. Add broth and chicken and bring to a simmer. Simmer, turning the chicken once or twice, for 10 minutes. Stir in coconut milk, lime juice and soy sauce; simmer for 5 minutes more.

3. Remove the chicken and shred into bite-size pieces with two forks. Add tofu, tomatoes and bean sprouts to the soup and cook for 2 minutes. Stir in the shredded chicken.

4. Meanwhile, prepare noodles according to package directions.

5. To serve, divide the noodles among 8 soup bowls. Ladle soup over them and top with egg slices, scallions and cilantro. Serve with hot sauce and lime wedges, if desired.

SERVES 8: 1⅔ CUPS SOUP & ¾ CUP NOODLES EACH

Calories 408, Fat 17g (sat 5g), Cholesterol 101mg, Carbs 41g, Total sugars 6g (added 1g), Protein 26g, Fiber 4g, Sodium 714mg, Potassium 585mg.

Tip: *Look for bean thread noodles, sometimes labeled vermicelli, mung bean or cellophane noodles, in the Asian section of large supermarkets or at an Asian market. After cooking the noodles, rinse well to prevent sticking.*

feed an
ADVENTUROUS
crowd

one word: ramen-laksa is the hot new [illegible]

PARTY IN A BOWL

please VEGETARIAN friends

Baked Vegetable Soup

ACTIVE: 40 MIN **TOTAL:** 1 HR 40 MIN

Brimming with artichokes, mushrooms, zucchini and leeks, this oven-baked soup heats up the house as it becomes a hearty, warming meal. Serve with crusty bread and extra-virgin olive oil for dipping.

- **5 tablespoons extra-virgin olive oil**
- **1 pound Yukon Gold potatoes, halved and sliced ¼ inch thick**
- **1½ teaspoons kosher salt, divided**
- **2 medium zucchini, halved and sliced ½ inch thick**
- **2 medium leeks, white and light green parts only, thinly sliced** ***(see Tip, page 81)***
- **4 medium stalks celery, thinly sliced**
- **10 ounces cremini (baby bella) mushrooms, quartered**
- **4 cups frozen artichoke hearts (two 9-ounce boxes), thawed,** ***or*** **10 fresh artichoke hearts, quartered**
- **¼ cup chopped fresh parsley, plus more for garnish**
- **1 15-ounce can no-salt-added diced tomatoes, with their juice**
- **1 2-inch piece Parmesan cheese rind, plus finely shredded Parmesan for garnish**
- **6 cups water**
- **½ teaspoon ground pepper**

1. Preheat oven to 350°F.

2. Pour oil into a large ovenproof pot (about 6-quart) and arrange potato slices in an even layer over the oil. Sprinkle with ¾ teaspoon salt. Layer in zucchini, leeks, celery, mushrooms, artichoke hearts and ¼ cup parsley; sprinkle with the remaining ¾ teaspoon salt. Pour tomatoes over the vegetables and nestle Parmesan rind into them. Add water (the vegetables will not be completely submerged), cover and bring to a boil over high heat.

3. Once boiling, transfer the pot to the oven and bake, covered, until the vegetables are tender, but still firm, 1 to 1¼ hours. Season with pepper and serve garnished with parsley and Parmesan, if desired.

SERVES 8: ABOUT 1¾ CUPS EACH
Calories 207, Fat 10g (sat 2g), Cholesterol 1mg, Carbs 26g, Total sugars 5g (added 0g), Protein 5g, Fiber 7g, Sodium 314mg, Potassium 815mg.

Quick Pepperpot Soup

ACTIVE: 40 MIN **TOTAL:** 40 MIN

Jamaican pepperpot soup is usually a long-simmered preparation made with tough cuts of meat and vegetables. This version uses quick-cooking sirloin making it fast enough for last-minute guests. If you're not a fan of beef, try the soup with shrimp instead.

- **1 tablespoon canola oil**
- **1 pound sirloin steak, trimmed, cut into ½-inch pieces**
- **1½ teaspoons salt, divided**
- **1 small white onion, diced**
- **1 clove garlic, minced**
- **1 teaspoon minced Scotch bonnet chile pepper** ***or*** **habanero, or to taste**
- **1 teaspoon chopped fresh thyme** ***or*** **¼ teaspoon dried**
- **4 cups water**
- **1 teaspoon cornstarch**
- **1 pound sweet potato (about 1 large), cut into ½-inch pieces**
- **1 cup chopped (½-inch) okra, fresh** ***or*** **frozen (not thawed)**
- **3 cups chopped callaloo, collard greens** ***or*** **spinach**
- **3 scallions, sliced**
- **1 14-ounce can "lite" coconut milk, well shaken**

1. Heat oil in a large pot over medium heat. Add steak and ½ teaspoon salt; cook, stirring occasionally, until no longer pink on the outside, 3 to 4 minutes. Transfer to a plate.

2. Add onion, garlic, chile pepper and thyme to the pot and cook, stirring, for 1 minute. Whisk water and cornstarch in a bowl or large measuring cup; add to the pot along with sweet potato and okra. Bring to a boil over high heat; boil for 1 minute. Reduce heat to a simmer and cook until the vegetables are almost tender, 3 to 5 minutes. Stir in callaloo (or collards or spinach) and the remaining 1 teaspoon salt; cook until tender, 2 to 3 minutes more. Add scallions and the steak plus any accumulated juices. Cook until the steak is hot and just cooked through, 1 to 2 minutes more. Remove from the heat and stir in coconut milk.

SERVES 6: ABOUT 1½ CUPS EACH
Calories 242, Fat 10g (sat 5g), Cholesterol 39mg, Carbs 20g, Total sugars 5g (added 0g), Protein 18g, Fiber 4g, Sodium 680mg, Potassium 575mg.

Tip: *More commonly referred to as amaranth in the U.S., callaloo is the ubiquitous cooking green in Jamaica. Some farmers consider it to be simply a weed, but if you're lucky to find it in bunches at your farmers' market or a Caribbean market, snap it up! It has a texture somewhere between that of collard greens and spinach, both of which are fine substitutes.*

White Turkey Chili

ACTIVE: 40 MIN **TOTAL:** 1½ HRS
TO MAKE AHEAD: Refrigerate for up to 3 days or freeze for up to 3 months.

Whole-grain bulgur and canned beans bulk up this wallet-friendly chili while zucchini, oregano and green chiles give it flecks of green. After all ingredients are added, slowly simmer for 50 minutes to develop the best flavor, but if you're in a hurry, reduce the broth by half and simmer for 20 to 25 minutes. Garnish with white Cheddar cheese and diced red onion, if desired.

- **3 tablespoons extra-virgin olive oil**
- **1 pound 93%-lean ground turkey**
- **1 large onion, diced**
- **4 cloves garlic, minced**
- **2 medium zucchini, diced (about 3½ cups)**
- **½ cup bulgur**
- **2 tablespoons dried oregano**
- **4 teaspoons ground cumin**
- **½ teaspoon ground coriander**
- **½ teaspoon white pepper**
- **¼ teaspoon kosher salt**
- **2 15-ounce cans no-salt-added white beans, rinsed**
- **2 4-ounce cans green chiles, mild *or* hot**
- **4 cups low-sodium chicken broth**

1. Heat oil in a large pot over medium-high heat. Add ground turkey, onion and garlic. Cook, stirring and breaking up the meat with a wooden spoon, until the meat is no longer pink, 3 to 5 minutes.
2. Add zucchini and cook, stirring occasionally, until the zucchini is starting to soften, 5 to 7 minutes.
3. Add bulgur, oregano, cumin, coriander, white pepper and salt and cook, stirring, until aromatic, 30 seconds to 1 minute.
4. Stir in white beans and chiles, then pour in broth; bring to a boil.
5. Reduce heat to a simmer and cook, partially covered and stirring occasionally, until the liquid is thickened and the bulgur is tender, about 50 minutes.

SERVES 6: ABOUT 1½ CUPS EACH
Calories 350, Fat 14g (sat 3g), Cholesterol 43mg, Carbs 38g, Total sugars 4g (added 0g), Protein 28g, Fiber 10g, Sodium 596mg, Potassium 1,000mg.

Shrimp & Chinese Chive Wonton Soup

ACTIVE: 1 HR **TOTAL:** 1¼ HRS

Once you fold a few of these wontons you'll realize they're actually quite easy to make. Look for wonton wrappers in the refrigerated section of your supermarket near the fresh noodles or tofu and go for the square ones (not round).

- **2 Chinese dried mushrooms *or* dried shiitakes**
- **4½ cups low-sodium chicken broth, divided**
- **4 ounces raw medium shrimp, peeled and deveined**
- **¼ cup minced chives, preferably Chinese chives**
- **2 tablespoons minced water chestnuts *or* jícama**
- **2 teaspoons Chinese rice wine (Shao Hsing) *or* dry sherry**
- **7 teaspoons toasted sesame oil, divided**
- **¼ teaspoon ground white pepper**
- **1 tablespoon cornstarch**
- **24 square fresh wonton wrappers**
- **4 ¼-inch slices fresh ginger, peeled and smashed**
- **12 yau choi (choi sum) *or* broccolini stalks**
- **2½ tablespoons reduced-sodium soy sauce**

1. Place mushrooms in a small heatproof bowl. Heat ½ cup broth until steaming and pour over the mushrooms. Let stand until softened, about 30 minutes. Remove the mushrooms (reserve the broth); cut off and discard the stems and finely chop the caps.
2. Cut shrimp into ¼-inch pieces. Combine the shrimp, the mushroom caps, chives, water chestnuts (or jícama), rice wine (or sherry), 1 teaspoon sesame oil and pepper in a bowl.
3. Line a baking sheet with parchment paper and lightly dust with cornstarch. Loosely cover wonton wrappers with a barely damp kitchen towel. Take 6 of the wrappers and set in a row with one corner facing you. Place a rounded teaspoon of the shrimp filling on the bottom corner of each wrapper. Starting at the bottom, roll each wrapper up three-quarters of the way, tucking in the filling as you go. Press on both sides to seal. Lightly dab a few drops of water on one of two side corners, bring the side corners together, overlap them and press to seal. Place the filled wontons on the prepared pan. Repeat in 3 more batches to make 24 wontons.
4. Put 2 quarts of water on to boil in a large pot for cooking the wontons.
5. Meanwhile, combine the remaining 4 cups broth, the reserved mushroom-soaking liquid and ginger in a large saucepan; cover and bring to a boil. Add yau choi (or broccolini) and cook until tender-crisp, 1 to 2 minutes. Remove from heat. Discard ginger. Divide greens among 6 soup bowls and drizzle with 1 teaspoon sesame oil each. Stir soy sauce into the broth; cover to keep warm.
6. Add half the wontons to the boiling water and return to a boil over high heat, nudging them with a slotted spoon to prevent them from sticking. Reduce heat to medium and gently simmer until all the wontons float to the surface, 2 to 4 minutes. Use the slotted spoon to divide the wontons among 3 of the bowls, then ladle about ¾ cup broth over each portion. Repeat with the remaining wontons and broth.

SERVES 6: 2 STALKS OF GREENS, 4 WONTONS & ¾ CUP BROTH EACH
Calories 202, Fat 7g (sat 1g), Cholesterol 26mg, Carbs 24g, Total sugars 1g (added 0g), Protein 11g, Fiber 1g, Sodium 485mg, Potassium 271mg.

PARTY
IN A
BOWL

look like a
COOKING
PRO

Top It Off

Think of what the cherry does for a sundae—it adds a bit of flavor and a dash of good looks. Before you dip your spoon into your bowl of soup, sprinkle, drizzle, swirl or squeeze a little extra beauty on top with creative toppers. Here's some inspiration, but really, these ideas are just a jumping-off point—anything goes!

SPRINKLES

- Chopped herbs, such as chives, cilantro, dill or parsley
- Dusting of spice, such as cumin, curry, paprika or white pepper
- Lemon, lime or orange zest
- Shaved, crumbled or grated cheese, such as feta, Parmesan or Pecorino

MORE VEGGIES!

- Thinly sliced radish or cucumber
- Julienned carrot, cabbage or jícama
- Chopped tomato
- Corn or peas

SWIRLS + DOLLOPS

- Plain yogurt, sour cream or crème fraîche
- Pesto, salsa, gremolata or caponata
- Aïoli or tzatziki
- Extra-virgin olive oil, sesame oil, nut oils or any flavored oils, such as truffle
- Hot sauce, such as Texas Pete or sriracha
- Asian condiments, such as hoisin sauce, fish sauce or soy sauce
- Vinegar, such as sherry or red-wine
- Lemon or lime juice

CRUNCHIES

- Crispy croutons or toasted fresh breadcrumbs
- Toasted nuts, such as almonds, pistachios or hazelnuts
- Crumbled tortilla chips or crackers
- Toasted pumpkin or sunflower seeds
- Toasted coconut

SALADS
—On the Side—

Salad is a natural partner for soup and it boosts your veggie servings (recent studies show most of us are not eating enough) while also making your meal more enjoyable. Complement a bold soup with a simple salad dressed with a vinaigrette, or pair a basic soup with a more complex salad topped with fruit, nuts and cheese. Veggies served alongside a healthy bowl of soup—a win-win!

THIS PAGE
THE PEPPERY-TASTING RADISHES, WATERCRESS & ARUGULA **that are featured in this salad can easily stand up to the slightly sweet and acidic flavors of, say, a tomato soup.**

Radish, Watercress & Arugula Salad with Feta Vinaigrette
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Massaged Kale Salad
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Apple & Fennel Salad with Blue Cheese
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Simple Green Salad with Citronette
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Spinach Salad with Ginger Japanese Dressing
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Bitter Greens Salad with Aged Balsamic, Pine Nuts & Currants
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Radish, Watercress & Arugula Salad with Feta Vinaigrette

(PHOTO: PAGE 58)

ACTIVE: 25 MIN **TOTAL:** 25 MIN

Whisked feta cheese becomes the creamy base for the salad dressing in this pretty salad. Always skinned, most Marcona almonds have already been sautéed in oil and lightly salted when you get them. Look for them in specialty stores and online at tienda.com.

- **¼ cup finely crumbled feta cheese**
- **3 tablespoons extra-virgin olive oil**
- **2 tablespoons white-wine vinegar**
- **1 tablespoon finely chopped shallot**
- **¼ teaspoon salt**
- **¼ teaspoon ground pepper**
- **3 cups baby arugula**
- **3 cups watercress, any tough stems removed**
- **2 cups halved and sliced radishes (from 2 bunches)**
- **3 tablespoons chopped fresh tarragon**
- **¼ cup coarsely chopped almonds, preferably Marcona almonds**

Whisk feta, oil, vinegar, shallot, salt and pepper in a large bowl until well combined. Add arugula, watercress, radishes and tarragon; toss to coat. Top with almonds just before serving.

SERVES 4: ABOUT 1¼ CUPS EACH
Calories 191, Fat 17g (sat 3g), Cholesterol 8mg, Carbs 6g, Total sugars 2g (added 0g), Protein 5g, Fiber 2g, Sodium 312mg, Potassium 372mg.

Massaged Kale Salad

ACTIVE: 30 MIN **TOTAL:** 30 MIN

A pungent garlicky dressing is infused into kale by massaging the greens and the dressing together with your hands. To speed up the prep for this salad, use 1½ pounds de-stemmed bagged kale.

- **2 bunches kale**
- **½ cup freshly grated Parmesan cheese**
- **⅓ cup extra-virgin olive oil**
- **¼ cup lemon juice**
- **3 large cloves garlic, minced**
- **1 tablespoon reduced-sodium soy sauce**
- **1 minced anchovy fillet *or* ½ teaspoon anchovy paste (optional)**
- **½ teaspoon ground pepper**
- **¼ teaspoon salt**

Strip kale leaves from stems (discard stems). Wash and dry the leaves. Tear the leaves into small pieces and place in a large bowl. Add Parmesan, oil, lemon juice, garlic, soy sauce, anchovy (if using), pepper and salt. With clean hands, firmly massage and crush the greens to work in the flavoring. Stop when the volume of greens is reduced by about half. The greens should look a little darker and somewhat shiny. Taste and adjust seasoning with more Parmesan, lemon juice, garlic, soy sauce and/or pepper, if desired.

SERVES 6: ABOUT 2 CUPS EACH
Calories 183, Fat 15g (sat 3g), Cholesterol 6mg, Carbs 9g, Total sugars 2g (added 0g), Protein 5g, Fiber 3g, Sodium 335mg, Potassium 407mg.

Apple & Fennel Salad with Blue Cheese

ACTIVE: 15 MIN **TOTAL:** 15 MIN

This quick salad with sweet apples and salty blue cheese and a tangy cider-vinegar dressing is a particularly good match for soups that feature winter squash, like the Spicy Butternut Squash soup on page 6.

- **¼ cup extra-virgin olive oil**
- **2 tablespoons cider vinegar**
- **¼ teaspoon salt**
- **¼ teaspoon ground pepper**
- **1 large crisp, sweet apple, such as Honeycrisp *or* Ambrosia, thinly sliced**
- **1 medium fennel bulb, quartered and thinly sliced, fronds reserved**
- **6 cups torn butterhead lettuce**
- **⅓ cup crumbled blue cheese**

Whisk oil, vinegar, salt and pepper in a large bowl. Add apple and fennel and toss to coat. Chop ¼ cup of the fennel fronds and add to the bowl along with lettuce and blue cheese; gently toss.

SERVES 5: ABOUT 2 CUPS EACH
Calories 180, Fat 14g (sat 3g), Cholesterol 7mg, Carbs 11g, Total sugars 7g (added 0g), Protein 4g, Fiber 3g, Sodium 248mg, Potassium 428mg.

RAW KALE SALAD with a lemony dressing is the perfect match for earthy bean soups.

SWEET, SALTY AND CRUNCHY

salad ingredients can help highlight flavors in a savory soup.

SALADS ON THE SIDE

For complex soups with lots of flavors, a **SIMPLE** salad is the ideal complement.

Simple Green Salad with Citronette

ACTIVE: 15 MIN **TOTAL:** 15 MIN

TO MAKE AHEAD: Refrigerate the dressing (Step 1) for up to 3 days. Bring to room temperature and shake before using.

This recipe makes more citrus vinaigrette than you need for these greens. Use the extra dressing for another salad or drizzle it onto roasted vegetables, such as carrots or Brussels sprouts, for a quick, flavorful side dish.

- ¼ cup orange juice
- ¼ cup lemon juice
- ¼ cup extra-virgin olive oil
- 1 small shallot, finely chopped
- 2 teaspoons Dijon mustard
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 4 cups torn peppery *and/or* bitter greens, such as frisée, watercress, radicchio *or* arugula
- 8 cups mild greens, such as Boston lettuce, mesclun, baby spinach *or* baby romaine
- ⅓ cup thinly sliced red onion

1. Combine orange juice, lemon juice, oil, shallot, mustard, salt and pepper in a jar with a tight-fitting lid. Shake until well combined.

2. Place greens and onion in a large salad bowl; toss with ⅓ cup of the dressing.

SERVES 6: ABOUT 1½ CUPS EACH (PLUS ⅔ CUP EXTRA DRESSING)
Calories 43, Fat 3g (sat 0g), Cholesterol 0mg, Carbs 3g, Total sugars 1g (added 0g), Protein 2g, Fiber 1g, Sodium 81mg, Potassium 270mg.

ASIAN & INDIAN
inspired soups go well with the sweet and savory flavors of this Japanese-style salad.

Spinach Salad with Ginger Japanese Dressing

ACTIVE: 20 min **TOTAL:** 20 min

TO MAKE AHEAD: Refrigerate the dressing (Step 1) for up to 5 days.

For a more peppery salad, try swapping the spinach for watercress, arugula or tatsoi.

- 3 tablespoons minced onion
- 3 tablespoons peanut *or* canola oil
- 2 tablespoons distilled white vinegar
- 1½ tablespoons finely grated fresh ginger
- 1 tablespoon ketchup
- 1 tablespoon reduced-sodium soy sauce
- ¼ teaspoon minced garlic
- ¼ teaspoon salt
- Ground pepper to taste
- 10 ounces baby spinach
- 1 large carrot, grated
- 1 medium red bell pepper, thinly sliced

1. Combine onion, oil, vinegar, ginger, ketchup, soy sauce, garlic, salt and pepper in a blender. Process until combined.

2. Toss spinach, carrot and bell pepper with the dressing in a large bowl until evenly coated.

SERVES 4: ABOUT 1½ CUPS EACH
Calories 135, Fat 11g (sat 2g), Cholesterol 0mg, Carbs 9g, Total sugars 4g (added 1g), Protein 3g, Fiber 3g, Sodium 387mg, Potassium 557mg.

Bitter Greens Salad with Aged Balsamic, Pine Nuts & Currants

ACTIVE: 20 MIN **TOTAL:** 20 MIN

Our update of the steakhouse favorite wedge salad swaps gorgeous bitter greens for plain old iceberg lettuce and gets a sprinkle of sweet currants, toasty pine nuts and salty Parmesan.

- **2 heads Belgian endive, trimmed**
- **1 large head escarole, trimmed**
- **1 head Treviso *or* radicchio, trimmed**
- **5 tablespoons extra-virgin olive oil**
- **¼ cup balsamic vinegar, preferably aged**
- **¼ teaspoon salt**
- **Ground pepper to taste**
- **½ cup freshly grated good-quality aged Parmesan**
- **½ cup toasted pine nuts**
- **½ cup currants**

1. Cut endive in quarters lengthwise. Slice escarole and Treviso (or radicchio) in half, then cut each half into 4 wedges.
2. Combine oil, vinegar, salt and pepper in a small bowl.
3. Arrange the greens on 8 plates. Drizzle with the vinaigrette, then top with 1 tablespoon each Parmesan, pine nuts and currants.

SERVES 8
Calories 207, Fat 16g (sat 2g), Cholesterol 4mg, Carbs 14g, Total sugars 8g (added 0g), Protein 4g, Fiber 4g, Sodium 181mg, Potassium 432mg.

MEDITERRANEAN-STYLE SOUPS **are the ideal partners for this salad featuring a trio of assertive greens.**

Blue Cheese & Spinach Salad

ACTIVE: 15 MIN **TOTAL:** 15 MIN

A full-flavored blue cheese like Maytag really shines in this bacon, tomato and corn-topped spinach salad.

- **3 slices bacon, chopped**
- **2 tablespoons chopped shallot**
- **2 tablespoons cider vinegar**
- **2 teaspoons honey mustard**
- **1 large tomato, cut in half, divided**
- **3 cups baby spinach**
- **1 cup fresh corn kernels *(see Tip, opposite)***
- **2 large hard-boiled eggs *(see Tip, below)*, chopped**
- **¼ cup crumbled blue cheese**

1. Cook bacon in a small skillet over medium heat until crispy, about 5 minutes. Remove the bacon to a paper towel-lined plate with a slotted spoon. Add shallot to the pan and cook, stirring, until softened and fragrant, about 1 minute. Remove from heat and stir in vinegar and mustard.
2. Stand a box grater up in the pan; shred one tomato half through the large holes; stir to combine the tomato pulp with the dressing. (Discard tomato skin.)
3. Chop the remaining tomato half and toss in a large bowl with spinach, corn, eggs, blue cheese and the bacon. Drizzle the dressing from the pan over the salad; toss to coat.

SERVES 4: 1 CUP EACH
Calories 150, Fat 8g (sat 3g), Cholesterol 105mg, Carbs 12g, Total sugars 5g (added 1g), Protein 9g, Fiber 2g, Sodium 257mg, Potassium 437mg.

Tip: *To hard-boil eggs, place in a single layer in a saucepan and cover with 1 inch of water. Bring just to a simmer over medium-high heat. Reduce heat to low and cook at the barest simmer for 10 minutes. Remove from heat, immediately pour out hot water and cover the eggs with ice-cold water. Let stand in the water until cool, then peel.*

Creamy soup

Fall soups are delicious alongside this salad with a warm, bacon-spiked dressing

TIP

To remove corn kernels, stand an ear of corn on its stem end and slice the kernels off with a sharp knife. You'll get about 1 cup fresh kernels from one large ear of corn.

Blend It Up

Too many carrots? Broccoli starting to soften? Want to celebrate the first spring peas? Turn them into a silky smooth soup. They all shine here and once you master this easy method, you can use it for any vegetable you like, including cauliflower, butternut squash, parsnips or celery root. Serve these whipped-up soups as starters or enjoy one with a salad and crusty bread for a simple meal.

Pureed Vegetable Soup

ACTIVE: 35-45 MIN **TOTAL:** 35-50 MIN
TO MAKE AHEAD: Refrigerate for up to 4 days or freeze for up to 3 months.

- 1 tablespoon butter
- 1 tablespoon extra-virgin olive oil
- 1 medium onion, chopped
- 1 stalk celery, chopped
- 2 cloves garlic, chopped
- 1 teaspoon chopped fresh thyme or parsley
- Vegetable of choice (*see variations, right*)
- Water (*see variations, right, for amounts*)
- 4 cups reduced-sodium chicken broth, "no-chicken" broth or vegetable broth
- ½ cup half-and-half (optional)
- ½ teaspoon salt
- Ground pepper to taste

1. Heat butter and oil in a large pot over medium heat until the butter melts. Add onion and celery; cook, stirring occasionally, until softened, 4 to 6 minutes. Add garlic and thyme (or parsley); cook, stirring, until fragrant, about 10 seconds.
2. Stir in vegetable of choice. Add water and broth; bring to a lively simmer over high heat. Reduce heat to maintain a lively simmer and cook until the vegetables are very tender. (*See variations, right, for timing.*)
3. Puree the soup with an immersion blender or in batches in a blender until smooth. (Use caution when pureeing hot liquids.) Stir in half-and-half (if using), salt and pepper.
SERVES 8: ABOUT 1 CUP EACH

CARROT SOUP

- 5 cups chopped carrots
- 2 cups water

Simmer for about 25 minutes.

Calories 76, Fat 3g (sat 1g), Cholesterol 4mg, Carbs 10g, Total sugars 5g (added 0g), Protein 3g, Fiber 3g, Sodium 484mg, Potassium 396mg.

POTATO SOUP

- 5 cups chopped peeled potatoes
- 2 cups water

Simmer for about 15 minutes.

Calories 108, Fat 3g (sat 1g), Cholesterol 4mg, Carbs 17g, Total sugars 2g (added 0g), Protein 3g, Fiber 3g, Sodium 444mg, Potassium 522mg.

BROCCOLI SOUP

- 8 cups chopped broccoli (stems and florets)
- 2 cups water

Simmer for about 8 minutes.

Calories 69, Fat 4g (sat 1g), Cholesterol 4mg, Carbs 7g, Total sugars 2g (added 0g), Protein 4g, Fiber 3g, Sodium 458mg, Potassium 348mg.

PEA SOUP

- 6 cups peas (fresh or frozen)
- ½ cup water

Simmer for 1 minute.

Calories 132, Fat 4g (sat 1g), Cholesterol 4mg, Carbs 18g, Total sugars 7g (added 0g), Protein 8g, Fiber 6g, Sodium 433mg, Potassium 405mg.

WHAT IS SOUPING?

"Souping" has gained popularity in recent years as a way to eat clean, lose weight and get healthy. Basically you eat vegetable soup (chunky or pureed) and nothing else for a prescribed amount of time—a day, three days, five days—and poof, you're healthier, slimmer and cleaner from the inside out.

But eating just soup alone doesn't rid your body of toxins. Your body does this naturally, thanks to your liver and kidneys. However, souping does hold some benefits.

Most soups are high in fiber and other nutrients because they contain whole ingredients, and many are naturally lower in sugar because they're packed with veggies. Soup also usually delivers some protein and fat—components lacking in most other cleanses. And many soups—at least the ones *sans* cream—are typically low-calorie and have high water content, so you can fill your belly without racking up the calories.

Most experts say sipping your food compared to chewing is less satisfying and may cause you to eat more later in the day. But what about slurping your meal? Turns out soup can fill you up just as much as solid foods, research shows. And one small study even found those who ate soup reported feeling more full than those who ate a solid meal.

BOTTOM LINE: Souping may help you melt away some of those extra pounds—and it's more nutritionally sound than other cleanses—but it's not a miracle weight-loss elixir.

BY BRIERLEY WRIGHT HORTON, M.S., R.D.

Soups to FREEZE

Make a rainy-day dinner fund by loading up your freezer with soup. Then if your dinner plan is derailed, all you have to do is turn to your freezer for an easy meal. Toss a salad, warm up some bread and dinner is served. And for grab-and-go convenience, freeze single servings to bring for lunch too. Some soups freeze better than others, so turn the page to find out which ones you should stock up on.

THIS PAGE

FREEZE WITH EASE

Whether you want to have single servings for lunch or family-size portions to thaw for a quick dinner, pick a freezer container to fit your needs.

Garden-Fresh Asparagus Soup
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Quick Beef & Barley Soup
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Sweet Potato & Black Bean Chili
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Southwestern Vegetable & Chicken Soup
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Italian Wedding Soup
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FRESH FINISH

When reheating this garden-green soup, garnish with freshly steamed asparagus tips.

Garden-Fresh Asparagus Soup

ACTIVE: 35 MIN **TOTAL:** 50 MIN

TO MAKE AHEAD: Refrigerate for up to 3 days or freeze for up to 6 months.

Enjoy spring asparagus all year with this lemony-and-curry-spiked soup. Because it gets its richness from "lite" coconut milk and potatoes, not cream, it freezes beautifully.

- 2 tablespoons butter
- 2 tablespoons extra-virgin olive oil
- 1 medium onion, finely chopped
- ½ teaspoon salt, divided
- ½ teaspoon curry powder
- ¼ teaspoon ground ginger
- Zest and juice of 1 lemon, divided
- 2 cups diced peeled red potatoes
- 3 cups low-sodium vegetable *or* chicken broth
- 1 cup "lite" coconut milk
- 2 cups ½-inch pieces trimmed asparagus (about 1 bunch), plus extra tips for garnish
- Ground pepper to taste

1. Melt butter and oil in a large saucepan over medium heat. Add onion and ¼ teaspoon salt and cook, stirring often, until golden, about 5 minutes. Stir in curry powder, ginger, lemon zest and potatoes and simmer, stirring occasionally, for 5 minutes. Stir in broth, coconut milk and asparagus. Bring to a simmer over medium heat, partially cover and continue to cook until the potatoes are tender, about 15 minutes.

2. Puree the soup with an immersion blender or a regular blender (in batches) until smooth. (Use caution when pureeing hot liquids.) Season with the remaining ¼ teaspoon salt and pepper. Garnish with asparagus tips, if desired.

SERVES 6: 1 GENEROUS CUP EACH

Calories 181, Fat 12g (sat 5g), Cholesterol 10mg, Carbs 15g, Total sugars 3g (added 0g), Protein 5g, Fiber 2g, Sodium 251mg, Potassium 456mg

Quick Beef & Barley Soup

ACTIVE: 40 MIN **TOTAL:** 40 MIN
TO MAKE AHEAD: Refrigerate for up to 3 days or freeze for up to 6 months.

Beef and barley is a classic combo. Here, quick-cooking barley, which cooks in less than half the time of the pearled variety, makes it a breeze to get this soup on the table fast.

- **8 ounces sirloin steak, trimmed and cut into bite-size pieces**
- **½ teaspoon ground pepper, divided**
- **4 teaspoons extra-virgin olive oil, divided**
- **1 medium onion, chopped**
- **1 large stalk celery, sliced**
- **1 large carrot, sliced**
- **2 tablespoons tomato paste**
- **1 tablespoon chopped fresh thyme *or* 1 teaspoon dried**
- **¾ cup quick-cooking barley**
- **4 cups low-sodium beef broth**
- **1 cup water**
- **¼ teaspoon salt**
- **1-2 teaspoons red-wine vinegar**

1. Sprinkle steak with ¼ teaspoon pepper. Heat 2 teaspoons oil in a large pot over medium heat. Add the steak and cook, stirring often, until browned on all sides, about 2 minutes. Transfer to a bowl.

2. Add the remaining 2 teaspoons oil, onion and celery to the pot and cook, stirring, until beginning to soften, about 2 minutes. Add carrot and cook, stirring, for 2 minutes more. Add tomato paste and thyme and cook, stirring, until the vegetables are coated with the tomato paste and are beginning to brown, 1 to 2 minutes.

3. Add barley, broth, water, salt and the remaining ¼ teaspoon pepper; bring to a simmer. Reduce heat to maintain a simmer; cook until the barley is tender, about 15 minutes. Return the beef and any accumulated juice to the pot and heat through, 1 to 2 minutes. Remove from the heat; stir in vinegar to taste.

SERVES 4: ABOUT 1½ CUPS EACH
Calories 273, Fat 9g (sat 2g), Cholesterol 30mg, Carbs 29g, Total sugars 4g (added 0g), Protein 20g, Fiber 5g, Sodium 332mg, Potassium 647mg.

Sweet Potato & Black Bean Chili

ACTIVE: 25 min **TOTAL:** 40 min
TO MAKE AHEAD: Refrigerate for up to 3 days or freeze for up to 6 months; add cilantro just before serving.

Make a double batch of this quick vegetarian chili, eat it for lunch the next day and freeze the extras for another meal. We love the smoky heat from the ground chipotle, but omit it if you prefer a mild chili. Serve with tortilla chips or cornbread and coleslaw.

- **1 tablespoon plus 2 teaspoons extra-virgin olive oil**
- **1 medium-large sweet potato, peeled and diced**
- **1 large onion, diced**
- **4 cloves garlic, minced**
- **2 tablespoons chili powder**
- **4 teaspoons ground cumin**
- **½ teaspoon ground chipotle chile *(see Tip, page 6)***
- **¼ teaspoon salt**
- **2½ cups water**
- **2 15-ounce cans black beans, rinsed**
- **1 14-ounce can diced tomatoes**
- **4 teaspoons lime juice**
- **½ cup chopped fresh cilantro**

1. Heat oil in a large pot over medium-high heat. Add sweet potato and onion and cook, stirring often, until the onion is beginning to soften, about 4 minutes. Add garlic, chili powder, cumin, chipotle and salt and cook, stirring constantly, for 30 seconds. Add water and bring to a simmer. Cover, reduce heat to maintain a gentle simmer and cook until the sweet potato is tender, 10 to 12 minutes.
2. Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat and simmer until slightly thickened, about 5 minutes. Remove from heat and stir in cilantro.
SERVES 4: ABOUT 2 CUPS EACH
Calories 323, Fat 8g (sat 1g), Cholesterol 0mg, Carbs 55g, Total sugars 13g (added 0g), Protein 13g, Fiber 16g, Sodium 573mg, Potassium 1,072mg.

Freezer Smarts

When it comes to saving food, freezers are our best friends. But if you know before you cook that you're going to freeze, you may want to do things a little differently. Here are some handy tips and tricks to make sure your frozen soup tastes as delicious as the day it was made.

COOL DOWN Putting hot soup directly in the freezer can thaw your already-frozen food. To chill things off, place the hot soup pot in an ice-water bath in your sink and stir often. Dividing soup into smaller portions before cooling it will also help speed up the process.

PORTION OUT Turn your big batch of soup into convenient grab-and-go meals by freezing it in individual servings. Quart-size freezer bags (or 4-cup freezer-safe plastic or glass containers) will accommodate a single serving while giving the soup room to expand as it freezes, plus when frozen flat they stack easily. You'll have the perfect amount when you want just one meal—ideal for portion control.

SEPARATE GRAINS AND PASTA Pasta and grains that are in a soup will soak up liquid and soften a bit as they freeze. If you like them al dente, cook and freeze pasta and grains separately from the soup and before serving add more broth as needed.

HOLD THE DAIRY Dairy tends to separate and become grainy when frozen and reheated. Leave it out of the soup but write on the bag how much to add after reheating so you don't have to root around for the recipe later on.

KEEP VEGETABLES AL DENTE Cook your vegetables until they're just tender and still a bit crisp. They'll be perfect for your bowl for dinner but they'll also stay firm when frozen and reheated.

LABEL, LABEL, LABEL Food can disappear into a freezer like it's in the Bermuda Triangle. To minimize the mystery, label soups with the recipe name, the date it was made and reheating and garnishing instructions so you remember where you left off.

SAVE THE GARNISH Leave garnishes, such as chopped fresh herbs or nuts, off before freezing. When frozen, herbs lose their savory oomph and nuts lose their crunch.

Southwestern Vegetable & Chicken Soup

ACTIVE: 1 HR **TOTAL:** 1½ HRS

TO MAKE AHEAD: Prepare through Step 4 and refrigerate for up to 3 days or freeze for up to 6 months; add cilantro and lime juice just before serving.

To make this chicken soup heartier, add cooked rice, quinoa or whole-wheat noodles after you reheat it.

- **2 medium poblano peppers**
- **2 teaspoons canola oil**
- **12 ounces boneless, skinless chicken thighs, trimmed, cut into bite-size pieces**
- **4 cloves garlic, minced**
- **1½ cups chopped onion (1 large)**
- **1½ cups chopped red *or* green bell pepper (1 large)**
- **1½ cups green beans, cut into ¼-inch pieces, fresh *or* frozen, thawed**
- **1 tablespoon chili powder**
- **1½ teaspoons ground cumin**
- **6 cups reduced-sodium chicken broth**
- **1 15-ounce can black beans *or* pinto beans, rinsed**
- **1 14-ounce can diced tomatoes**
- **4 cups chopped chard *or* spinach**
- **1½ cups corn kernels, fresh *or* frozen, thawed**
- **½ cup chopped fresh cilantro**
- **½ cup fresh lime juice, plus lime wedges for serving**

1. To roast poblanos: Position oven rack about 5 inches from the heat source; preheat broiler. Line the broiler pan with foil. Broil poblanos, turning once, until starting to blacken, 8 to 12 minutes. Transfer to a paper bag and let steam to loosen skins, about 10 minutes. When the poblanos are cool enough to handle, peel, seed, stem and coarsely chop; set aside.

2. Meanwhile, heat oil in a large pot over medium-high heat. Add chicken and cook, stirring occasionally, until lightly browned, 3 to 5 minutes. Transfer to a plate and set aside.

3. Reduce heat to medium and add garlic, onion, bell pepper and green beans. Cook, stirring, until beginning to soften, 5 to 7 minutes. Stir in chili powder and cumin and cook, stirring, until fragrant, about 30 seconds. Stir in broth, beans, tomatoes and the chopped poblanos; bring to a boil. Reduce heat to maintain a simmer and cook, stirring occasionally, until the vegetables are tender, about 15 minutes.

4. Add the reserved chicken and any accumulated juices, chard (or spinach) and corn; return to a simmer and cook for 15 minutes more to blend flavors.

5. Top each portion with 1 tablespoon each cilantro and lime juice; serve with lime wedges.

SERVES 8: ABOUT 1½ CUPS EACH

Calories 184, Fat 5g (sat 1g), Cholesterol 39mg, Carbs 24g, Total sugars 8g (added 0g), Protein 15g, Fiber 6g, Sodium 601mg, Potassium 806mg.

Italian Wedding Soup

ACTIVE: 1 HR **TOTAL:** 1½ HRS

TO MAKE AHEAD: Refrigerate for up to 3 days or freeze for up to 6 months; top with cheese just before serving.

The meatballs in this soup are delicious on their own. If you like, double the meatball part of the recipe and freeze them to serve with spaghetti and sauce later for a last-minute Italian dinner.

MEATBALLS

- **1 pound ground turkey breast**
- **1 cup fresh whole-wheat breadcrumbs *(see Tip, opposite)***
- **1 large egg, lightly beaten**
- **¼ cup finely chopped fresh parsley**
- **2 cloves garlic, minced**
- **1 tablespoon Worcestershire sauce**
- **½ teaspoon crushed fennel seeds**
- **½ teaspoon ground pepper**
- **¼ teaspoon salt**
- **2 teaspoons extra-virgin olive oil**
- **½ cup dry white wine**

SOUP

- **1 tablespoon extra-virgin olive oil**
- **1 cup chopped onion (1 medium)**
- **1 cup chopped carrots (2 medium)**
- **1 cup chopped celery (2 medium stalks)**
- **4 cups chopped cabbage (about ½ small head)**
- **8 cups low-sodium chicken broth**
- **1 15-ounce can white beans, rinsed**
- **8 cups coarsely chopped escarole *or* thinly sliced kale leaves (about 1 bunch)**
- **½ cup freshly grated Romano cheese**

1. To prepare meatballs: Combine turkey, breadcrumbs, egg, parsley, garlic, Worcestershire, fennel seeds, pepper and salt in a large bowl. Refrigerate for 10 minutes to firm up. With damp hands, shape the mixture into 32 meatballs (about 1 scant tablespoon each).

2. Heat 2 teaspoons oil in a large nonstick skillet over medium heat. Add the meatballs and cook, turning occasionally, until browned on all sides, 7 to 9 minutes. Remove from the heat and add wine, stirring gently to loosen any browned bits.

3. To prepare soup: Heat 1 tablespoon oil in a large pot over medium heat. Add onion, carrots and celery and cook, stirring, until the onion is translucent, 7 to 9 minutes. Add cabbage and cook, stirring, 5 minutes more. Stir in broth, beans, escarole (or kale) and the meatballs and any accumulated juices. Bring just to a boil, reduce heat to maintain a simmer and cook, stirring occasionally, until the vegetables are tender, 20 to 25 minutes. Top each portion with 1 tablespoon Romano.

SERVES 8: ABOUT 1¾ CUPS EACH WITH 4 MEATBALLS

Calories 284, Fat 11g (sat 4g), Cholesterol 60mg, Carbs 23g, Total sugars 5g (added 0g), Protein 24g, Fiber 6g, Sodium 523mg, Potassium 870mg.

Tip: *To make your own fresh breadcrumbs, trim crusts from whole-wheat bread. Tear bread into pieces and process in a food processor until coarse crumbs form. To make fine breadcrumbs, process until very fine. To make dry breadcrumbs, spread coarse or fine breadcrumbs on a baking sheet and bake at 250°F until dry, about 10 to 15 minutes. One slice of bread makes about ½ cup fresh breadcrumbs or about ⅓ cup dry breadcrumbs.*

Breadsticks, Hacked

Here's how to put bakery-fresh breadsticks beside your bowl of soup without a lick of mixing or kneading. Start with store-bought whole-wheat pizza dough and combine with one of these 8 flavor-sprinkle options. Homemade soup and bread? It's not as hard as you think.

Chives (3 Tbsp) + Garlic Powder (1 Tbsp)
Pecorino Cheese (3 Tbsp)+ Italian Seasoning (1 Tbsp)
Manchego Cheese (3 Tbsp) + Chili Powder (1 Tbsp)
Rosemary + Garlic Powder (3 Tbsp each)

Breadsticks 8 Ways

ACTIVE: 25 MIN **TOTAL:** 45 MIN

For a crispier texture more like grissini, roll the breadsticks long and thin and bake them until golden.

- **1 pound pizza dough, preferably whole-wheat**
- **1½ tablespoons extra-virgin olive oil**
- **4 tablespoons topping combination (*see variations*)**

1. Arrange racks in upper and lower thirds of oven; preheat to 400°F. Line 2 baking sheets with parchment paper or coat with cooking spray.

2. Divide dough into 16 equal pieces and roll each into a 12- to 14-inch-long breadstick. Place the breadsticks at least ½ inch apart on the baking sheets. Brush with oil and sprinkle with topping, pressing if necessary to help it stick.

3. Bake the breadsticks on the upper and lower racks, switching the pans halfway through, until light brown, 15 to 20 minutes. Transfer to wire racks to cool.

MAKES 16: 1 EACH

Nutrition information on page 95

CREAMY

Soup Makeovers

Creamy usually means loaded with calories. Not these recipes! With a few tricks, you can have a creamy soup that's rich and comforting but way better for you.

THIS PAGE

CREAM OF TURKEY + WILD RICE SOUP

With more vegetables than your typical version, this Minnesota favorite is a healthy choice—sour cream and all.

Cream of Turkey & Wild Rice Soup
p. 80

Broccoli-Cheddar Chicken Chowder
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Potato-Leek Bisque
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Cream of Mushroom & Barley Soup
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Clam Chowder
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Cream of Turkey & Wild Rice Soup

(PHOTO: PAGE 78)

ACTIVE: 35 MIN **TOTAL:** 35 MIN

This healthier twist on turkey and wild rice soup gets a touch of richness from reduced-fat sour cream instead of heavy cream.

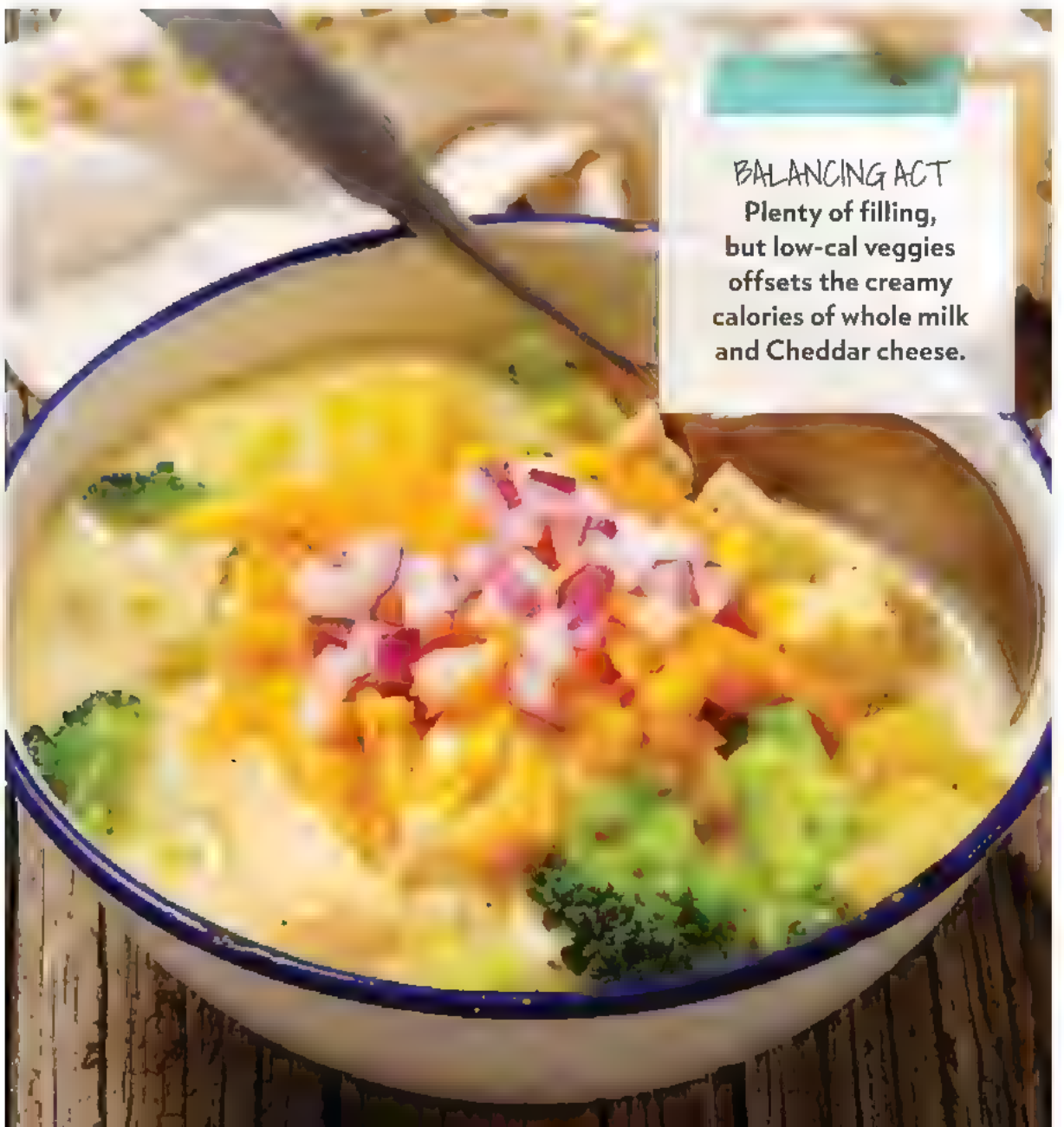
- **1 tablespoon extra-virgin olive oil**
- **2 cups sliced mushrooms (about 4 ounces)**
- **¾ cup chopped celery**
- **¾ cup chopped carrots**
- **¼ cup chopped shallots**
- **¼ cup all-purpose flour**
- **¼ teaspoon salt**
- **¼ teaspoon ground pepper**
- **4 cups low-sodium chicken broth**
- **1 cup quick-cooking *or* instant wild rice (*see Tip*)**
- **3 cups shredded cooked turkey *or* chicken (12 ounces)**
- **½ cup reduced-fat sour cream**
- **2 tablespoons chopped fresh parsley**

1. Heat oil in a large saucepan over medium heat. Add mushrooms, celery, carrots and shallots and cook, stirring, until softened, about 5 minutes. Add flour, salt and pepper and cook, stirring, for 2 minutes more.

2. Add broth and bring to a boil, scraping up any browned bits. Add rice and reduce heat to a simmer. Cover and cook until the rice is tender, 5 to 7 minutes. Stir in turkey (or chicken), sour cream and parsley and cook until heated through, about 2 minutes more.

SERVES 4: ABOUT 1¾ CUPS EACH
Calories 378, Fat 11g (sat 4g), Cholesterol 80mg, Carbs 29g, Total sugars 3g (added 0g), Protein 37g, Fiber 3g, Sodium 364mg, Potassium 748mg.

Tip: *Conventional wild rice takes 40 to 50 minutes to cook but quick-cooking or instant wild rice has been parboiled to reduce the cooking time to just 5 minutes. Be sure to check the cooking directions when selecting your rice—some brands labeled "quick" may take up to 30 minutes. If you can't find the quick-cooking variety, add 3 cups of cooked conventional wild rice along with the turkey at the end of Step 2.*



BALANCING ACT
Plenty of filling, but low-cal veggies offsets the creamy calories of whole milk and Cheddar cheese.

Broccoli-Cheddar Chicken Chowder

ACTIVE: 45 MIN **TOTAL:** 45 MIN
TO MAKE AHEAD: Refrigerate for up to 3 days.

Make this cheesy, chicken-y chowder at home and you'll save up to 300 calories and 500 milligrams of sodium compared to many store-bought or restaurant versions.

- **3 tablespoons extra-virgin olive oil**
- **1 cup diced onion**
- **1 cup diced celery**
- **½ cup all-purpose flour**
- **1 teaspoon dry mustard**
- **¼ teaspoon salt**
- **¼ teaspoon ground pepper**
- **4 cups low-sodium chicken broth**
- **1 cup whole milk**
- **3 cups chopped broccoli florets**
- **2 cups diced yellow potatoes**
- **1 pound boneless, skinless chicken breasts, trimmed and cut into bite-size pieces**
- **1 cup shredded Cheddar cheese, plus more for garnish**
- **Finely diced red onion for garnish**

1. Heat oil in a large pot over medium heat. Add onion and celery; cook, stirring frequently, until softened and beginning to brown, 3 to 6 minutes. Sprinkle flour, dry mustard, salt and pepper over the vegetables and cook, stirring, for 1 minute more. Add broth and milk; bring to a gentle boil, stirring constantly.

2. Stir in broccoli and potatoes and bring just to a simmer. Simmer, uncovered, stirring occasionally, until the potatoes are tender, 12 to 15 minutes.

3. Add chicken and 1 cup Cheddar and cook, stirring frequently, until chicken is cooked through, 4 to 6 minutes. Serve topped with a little more Cheddar and red onion, if desired.

SERVES 6: ABOUT 1½ CUPS EACH
Calories 368, Fat 18g (sat 6g), Cholesterol 65mg, Carbs 25g, Total sugars 4g (added 0g), Protein 28g, Fiber 3g, Sodium 347mg, Potassium 722mg.

SPECTACULAR SPUDS

Just a few pulses from a blender turns potatoes, broth and milk into a creamless yet creamy soup base.

Potato-Leek Bisque

ACTIVE: 50 MIN **TOTAL:** 50 MIN
TO MAKE AHEAD: Refrigerate bisque and croutons separately for up to 3 days.

Croutons topped with anchovy, olives and leek are a crunchy, savory foil to the soup. But skip them if you like and stir all the cooked leeks into the soup instead.

BISQUE

- 2 tablespoons extra-virgin olive oil
- 3 pounds leeks, white and light green parts only, sliced (*see Tip*)
- ¾ teaspoon kosher salt, divided
- 1½ pounds yellow potatoes, peeled and diced
- 3 cups nonfat or low-fat milk
- 2 cups low-sodium chicken broth
- 3 tablespoons lemon juice
- ¼ teaspoon ground white pepper, or to taste
- Thinly sliced fresh chives for garnish

CROUTONS

- ¼ cup minced pitted oil-cured olives
- 3 anchovies, minced
- ¼ teaspoon ground pepper
- 8 slices baguette, preferably whole-wheat, toasted

1. To prepare bisque: Heat oil in a large pot over medium heat. Add leeks and ¼ teaspoon salt. Cook, stirring occasionally, until very tender but not brown, 20 to 30 minutes. Adjust heat as necessary and add a bit of water if needed to prevent sticking. Set aside ⅓ cup of the leeks in a small bowl.

2. Add potatoes, milk and broth to the pot. Bring to a simmer (do not boil) and cook, stirring occasionally, until the potatoes are very tender, 10 to 15 minutes.

3. To prepare croutons: Meanwhile, add olives, anchovies and black pepper to the reserved leeks; mix well. Divide evenly among the toasted baguette slices.

4. When the potatoes are tender, remove from the heat. Puree the soup with an immersion blender or in batches in a regular blender. (Use caution when pureeing hot liquids.) Season with the remaining ½ teaspoon salt, lemon juice and white pepper. Divide among 8 soup bowls and float a crouton on top of each. Garnish with chives and freshly ground pepper, if desired.

SERVES 8: ABOUT 1 CUP EACH
Calories 282, Fat 6g (sat 1g), Cholesterol 3mg, Carbs 49g, Total sugars 9g (added 0g), Protein 10g, Fiber 3g, Sodium 507mg, Potassium 607mg.

Tip: *To clean leeks, trim and discard green tops and white roots. Split leeks lengthwise and place in plenty of water. Swish the leeks in the water to release any sand or soil trapped between the layers. Scoop them out of the bowl with a slotted spoon. Drain. Repeat until no grit remains.*

Cream of Mushroom & Barley Soup

ACTIVE: 50 min **TOTAL:** 1¼ hrs
TO MAKE AHEAD: Prepare soup through Step 4. Refrigerate the soup and cooked barley separately for up to 3 days. To serve, combine (Step 5) and reheat.

This mushroom soup uses the soaking liquid from dried, earthy porcini mushrooms to give it a "secret" kick of flavor. Plus, barley triples the fiber.

- ½ cup pearl barley
- 4½ cups low-sodium chicken broth or mushroom broth, divided
- 1 ounce dried porcini mushrooms
- 2 cups boiling water
- 2 teaspoons butter
- 1 tablespoon extra-virgin olive oil
- 1 cup minced shallots (about 4 medium)
- 8 cups sliced white mushrooms (about 20 ounces)
- 2 stalks celery, finely chopped
- 1 tablespoon minced fresh sage or 1 teaspoon dried
- ½ teaspoon salt
- ½ teaspoon ground pepper
- 2 tablespoons all-purpose flour
- 1 cup dry sherry (see *Tip*)
- ½ cup reduced-fat sour cream
- ¼ cup minced fresh chives

1. Bring barley and 1½ cups broth to a boil in a small saucepan over high heat. Cover, reduce heat to low and simmer until tender, 30 to 35 minutes.

2. Meanwhile, combine porcinis and boiling water in a medium bowl and soak until softened, about 20 minutes. Line a sieve with paper towels, set it over a bowl and pour in mushrooms and soaking liquid. Reserve the soaking liquid. Transfer the mushrooms to a cutting board and finely chop.

3. Heat butter and oil in a large pot over medium-high heat. Add shallots and cook, stirring often, until softened, about 2 minutes. Add white mushrooms and cook, stirring often, until they start to brown, 8 to 10 minutes. Add the porcinis, celery, sage, salt and pepper and cook, stirring often, until beginning to soften, about 3 minutes. Sprinkle flour over the vegetables and cook, stirring, until the flour is incorporated, about 1 minute. Add sherry and cook, stirring, until most of the sherry has evaporated, about 1 minute.

4. Add the soaking liquid and the remaining 3 cups broth; increase heat to high and bring to a boil. Reduce heat and simmer, stirring occasionally, until the soup has thickened, 18 to 22 minutes.

5. Add the cooked barley and continue cooking, stirring occasionally, until heated through, about 5 minutes more. Stir in sour cream until incorporated. Garnish with chives.

SERVES 4: ABOUT 1¾ CUPS EACH
Calories 368, Fat 12g (sat 5g), Cholesterol 17mg, Carbs 44g, Total sugars 5g (added 0g), Protein 17g, Fiber 8g, Sodium 437mg, Potassium 1,045mg

Tip: *Sherry is a type of fortified wine originally from southern Spain. Don't use the "cooking sherry" sold in many supermarkets—it can be surprisingly high in sodium. Instead, purchase dry sherry that's sold with other fortified wines in your wine or liquor store.*

Clam Chowder

ACTIVE: 45 MIN **TOTAL:** 45 MIN
TO MAKE AHEAD: Refrigerate for up to 3 days, slowly reheat over medium-low or microwave on Medium power.

You don't need heavy cream to make a chowder velvety. Here we've done the job by thickening whole milk with flour.

- **3 tablespoons extra-virgin olive oil**
- **1 cup diced onion**
- **1 cup diced celery**
- **½ cup all-purpose flour**
- **½ teaspoon dried thyme**
- **¼ teaspoon salt**
- **¼ teaspoon ground pepper**
- **1 bay leaf**
- **4 cups clam juice (*see Tip*) *or* seafood stock**
- **1 cup whole milk**
- **3 cups diced white potatoes**
- **1 16-ounce container chopped fresh clams (plus their liquid), thawed if frozen**
- **Chopped cooked bacon for garnish**
- **Snipped chives for garnish**

1. Heat oil in a large pot over medium heat. Add onion and celery; cook, stirring frequently, until softened and beginning to brown, 3 to 6 minutes. Sprinkle flour, thyme, salt, pepper and bay leaf over the vegetables and cook, stirring, for 1 minute more. Add clam juice (or seafood stock) and milk; bring to a gentle boil, stirring constantly.
2. Stir in potatoes and bring just to a simmer. Simmer, uncovered, stirring occasionally, until the potatoes are tender, 12 to 15 minutes.
3. Add clams and cook, stirring frequently, until cooked through, 2 to 4 minutes. Serve topped with bacon and chives, if desired.
SERVES 6: ABOUT 1½ CUPS EACH
Calories 237, Fat 9g (sat 2g), Cholesterol 24mg, Carbs 27g, Total sugars 4g (added 0g), Protein 15g, Fiber 2g, Sodium 359mg, Potassium 664mg.

Tip: *You'd think cream alone would be the problem in a makeover of clam chowder, but sodium is also a sneaky troublemaker. To keep salt in check, look for a low-sodium clam juice, such as Bar Harbor brand.*

SO LONG, SODIUM
Compared to a traditional version, this makeover of New England's favorite creamy soup has less than half the sodium.

From the PANTRY

Inspiration for making soup on the fly can be found in a well-stocked pantry. Canned beans and tomatoes, broth, onions and garlic are just a few of the essentials. Here are our favorite soups that get their start with nothing more than what you have on hand.

THIS PAGE

MISO VEGETABLE SOUP

The blend of vegetables in a single bag of frozen stir-fry mix gives you all-in-one convenience when making this Japanese-style soup.

White Bean Soup
p. 86

Quick Tomato Soup
p. 87

Southwestern Three-Bean & Barley Soup
p. 88

Miso Vegetable Soup
p. 88

White Bean Soup

ACTIVE: 30 MIN **TOTAL:** 2½ HRS

Creamy white beans provide the heart and protein in this simple, flavorful soup. The recipe calls for dried beans, but to make it in under 30 minutes, you can use four cans of your favorite white beans (rinse well to cut the sodium in the canning liquid).

- 1 pound dried white beans, sorted, soaked overnight
- 4 tablespoons extra-virgin olive oil
- 2 large onions, finely chopped
- 3 stalks celery, finely chopped
- 3 large carrots, finely chopped
- 8 cups water
- 4 large ripe tomatoes, peeled and mashed, *or* 1 tablespoon tomato paste
- 2 teaspoons dried oregano
- 1 teaspoon salt
- ⅛ teaspoon cayenne pepper
- Ground pepper to taste

1. Drain beans and rinse. Place in a large pot of boiling water and cook until tender, about 1½ hours. Drain.
2. Heat oil in a large pot over medium heat. Add onions, celery and carrots; cook, occasionally until soft, 3 to 5 minutes. Add cooked beans, tomatoes, oregano, salt, cayenne and pepper; simmer until the vegetables are tender, about 20 minutes.

SERVES 8: 1½ CUPS EACH

Calories 350 Fat 10g Cholesterol 0mg Carbs 52g Total Sugars 7g (Added Sugars 0g) Protein 16g Fiber 16g Sodium 670mg Potassium 1760mg

Quick Tomato Soup

ACTIVE: 25 MIN **TOTAL:** 35 MIN
TO MAKE AHEAD: Cover and refrigerate for up to 4 days or freeze for up to 3 months.

Tomato soup is perfect paired with your favorite cheese toast (see page 14). A little butter mixed with the oil in this recipe brings a luxurious homemade flavor to each bowl.

- 1 tablespoon butter
- 1 tablespoon extra-virgin olive oil
- 1 medium onion, chopped
- 1 stalk celery, chopped
- 2 cloves garlic, chopped
- 1 teaspoon chopped fresh thyme *or* parsley, plus more for garnish
- 1 28-ounce can whole peeled tomatoes
- 1 14-ounce can whole peeled tomatoes
- 4 cups low-sodium chicken, "no-chicken" (*see Tip*) *or* vegetable broth
- ½ cup half-and-half (optional)
- ½ teaspoon salt
- Ground pepper to taste

1. Heat butter and oil in a large pot over medium heat until the butter melts. Add onion and celery; cook, stirring occasionally, until softened, 4 to 6 minutes. Add garlic and thyme (or parsley); cook, stirring, until fragrant, about 10 seconds.
2. Stir in canned tomatoes with their juices. Add broth; bring to a lively simmer over high heat. Reduce heat to maintain a lively simmer and cook for 10 minutes.
3. Puree with an immersion blender or in batches in a blender. (Use caution when pureeing hot liquids.) Stir in half-and-half (if using), salt and pepper. Garnish with thyme (or parsley), if desired.
SERVES 4: ABOUT 2 CUPS EACH
Calories 158, Fat 9g (sat 3g), Cholesterol 8mg, Carbs 17g, Total sugars 8g (added 0g), Protein 8g, Fiber 5g, Sodium 715mg, Potassium 851mg.

Tip: *Chicken-flavored broth, a vegetarian broth despite its name, is preferable in some recipes for its hearty, rich flavor. Sometimes called "no-chicken" broth, it can be found with the soups in the natural-foods section or broth section of most supermarkets.*

DO THE CAN CAN
Canned tomatoes have a higher concentration of cancer-fighting lycopene than fresh.

Southwestern Three-Bean & Barley Soup

ACTIVE: 30 MIN **TOTAL:** 2¼ HRS
TO MAKE AHEAD: Cover and refrigerate for up to 3 days.

A trio of beans and toothsome barley give this meatless soup a meaty and satisfying feeling. Serve garnished with chopped fresh cilantro, a dollop of yogurt and a squeeze of lime, if desired.

- **1 tablespoon extra-virgin olive oil**
- **1 large onion, diced**
- **1 large stalk celery, diced**
- **1 large carrot, diced**
- **9 cups water**
- **4 cups low-sodium vegetable, "no-chicken" *or* chicken broth**
- **½ cup pearl barley**
- **⅓ cup dried black beans**
- **⅓ cup dried great northern beans**
- **⅓ cup dried kidney beans**
- **1 tablespoon chili powder**
- **1 teaspoon ground cumin**
- **½ teaspoon dried oregano**
- **¾ teaspoon salt**

Heat oil in a large pot over medium heat. Add onion, celery and carrot and cook, stirring occasionally, until softened, about 5 minutes. Add water, broth, barley, black beans, great northern beans, kidney beans, chili powder, cumin and oregano. Bring to a lively simmer over high heat. Reduce heat to maintain a simmer and cook, stirring occasionally, until the beans are tender, 1¾ to 2½ hours (adding more water, ½ cup at a time, if desired). Season with salt.
SERVES 6: ABOUT 1⅓ CUPS EACH
Calories 205, Fat 3g (sat 1g), Cholesterol 0mg, Carbs 36g, Total sugars 3g (added 0g), Protein 9g, Fiber 11g, Sodium 455mg, Potassium 466mg.

ALL SPICED
Southwestern flavor is only a few jars away with this familiar blend of chili powder, cumin and oregano.

Miso Vegetable Soup

(PHOTO: PAGE 84)
ACTIVE: 15 MIN **TOTAL:** 30 MIN
TO MAKE AHEAD: Cover and refrigerate for up to 2 days.

We've taken the idea of that plain little bowl of soup that's often served as a starter at Japanese restaurants and enriched it with plenty of hunger-quelling veggies and rice.

- **2 cups water plus 3 tablespoons, divided**
- **2 tablespoons white rice**
- **2 cups frozen stir-fry vegetables**
- **1 12-ounce package shelf-stable extra-firm silken tofu, cut into small cubes (*see Tip*)**
- **2 tablespoons miso *(see Tip, page 30)***
- **2 scallions, thinly sliced**
- **1 teaspoon rice vinegar, or to taste**
- **½-1 teaspoon sugar**

1. Bring 2 cups water and rice to a boil in a large saucepan over high heat. Cover, reduce heat to a gentle simmer and cook until the rice is just tender, 12 to 15 minutes.
2. Add stir-fry vegetables to the pot, increase heat to high and bring to a boil. Cook until the vegetables are heated through, stirring occasionally, 2 to 3 minutes. Add tofu and cook until heated through, about 2 minutes. Remove from heat.
3. Combine miso and the remaining 3 tablespoons water in a small bowl and stir to dissolve. Add the miso mixture to the soup along with scallions, vinegar and sugar to taste and stir to combine.
SERVES 2: 2½ CUPS EACH
Calories 208, Fat 4g (sat 1g), Cholesterol 0mg, Carbs 26g, Total sugars 6g (added 1g), Protein 18g, Fiber 4g, Sodium 774mg, Potassium 515mg.

Tip: *Look for shelf-stable silken tofu in the Asian foods section or near shelf-stable soymilk in well-stocked supermarkets.*

Soup Pantry Staples

Keeping a few ingredients on hand means you can whip up a pot of soup anytime. See what we keep stocked to help throw together a meal without leaving your house.

PANTRY

- Broth:
  - low-sodium chicken,
  - beef,
  - mushroom,
  - "no-chicken"
  - and/or vegetable
- Dried herbs
- Spices
- Canned tomatoes
- Tomato paste
- Reduced-sodium soy sauce
- Salsa
- Whole-wheat pasta
- Brown rice
- Barley
- Quinoa
- Wild rice
- Bulgur
- Farro
- Canned or dried beans
- Shelf-stable tofu
- Garlic
- Potatoes
- Onions
- Olive oil
- Vinegar
- Peanut butter

REFRIGERATOR

- Celery
- Carrots
- Miso
- Hot sauce
- Sesame oil
- Nonfat or low-fat milk
- Lemons & limes
- Parmesan cheese
- Yogurt

FREEZER

- Corn
- Peas
- Spinach
- Lima beans
- Edamame
- Broccoli
- Pearl onions
- Chopped onions
- Stir-fry mix

Stock Up

The "mother" ingredient for most soups is broth. We call for chicken and vegetable broth most frequently because they're so versatile. Beef, mushroom and seafood broth are reserved for soups that benefit from their stronger flavors.

1 Broth vs. Stock

Everyone agrees that both stock and broth contain the same base of vegetables (carrots, celery, onions), herbs and water. But some definitions specify that "stock" is then made with bones and "broth" without them. We use the terms interchangeably.

2 Shop Smart

Broth will be the foundation of flavor in your soup, so the most important thing is to find one that pleases your palate. Most store-bought broth is high in sodium, delivering close to 1,000 mg per cup! Look for stock or broth labeled "reduced-sodium" (averaging 500 mg/cup), "no-salt-added" (averaging 200 mg/cup) or "low-sodium" (140 mg or less/cup). Some brands are lower in sodium, but not labeled as such—check the nutrition panel to compare. And remember, you can always add more salt if you want.

3 Got Extra Broth?

Extra broth will keep in the fridge for up to 2 weeks and for 6 months in the freezer. Here are some ways to use it up.

- Use instead of water to cook whole grains, such as brown rice, quinoa or barley.
- Moisten leftovers before reheating or use to make a savory bread pudding.
- Swap for water when steaming vegetables.
- Mash into potatoes instead of cream.
- Deglaze your pans—i.e., scrape up the browned bits—with broth instead of wine.
- Make gravy. Combine broth with flour or cornstarch, then whisk it into your pan drippings.

Simple Vegetable Broth

ACTIVE: 20 MIN **TOTAL:** 2 HRS

This easy broth made with carrots, onions, celery, potatoes and herbs provides subtle, earthy flavor for meatless soups and stews. (Recipe by Anna Thomas for EatingWell.)

- **8 medium carrots, peeled**
- **2 large onions, peeled**
- **6 stalks celery**
- **2 large leeks, trimmed and thoroughly washed** *(see Tip, page 83)*
- **4 small potatoes, scrubbed but not peeled**
- **1 cup coarsely chopped parsley (about 1 large bunch)**
- **4 teaspoons fresh thyme leaves *or* 2 teaspoons dried**
- **2 bay leaves**
- **2 teaspoons salt, or more to taste**
- **2 teaspoons whole black peppercorns**
- **4 quarts (16 cups) water**

1. Chop carrots, onions, celery and leeks into 1- to 2-inch chunks; leave the potatoes whole. Combine the vegetables with the remaining ingredients in a soup pot or stockpot. Bring to a boil. Reduce heat to maintain a simmer and simmer for 1 hour.

2. Strain the broth through a colander, then once more through a fine sieve. If the broth tastes weak, pour it back into the pot and simmer until reduced to a flavor you prefer, 20 to 30 minutes more.

MAKES: ABOUT 3 QUARTS (12 CUPS)

Ana ysis note: After straining and skimming, stock has negligible calories and nutrients.

Rich Homemade Chicken Stock

ACTIVE: 15 MIN **TOTAL:** 4¼ HRS
TO MAKE AHEAD: Refrigerate for up to 1 week or freeze for up to 3 months.

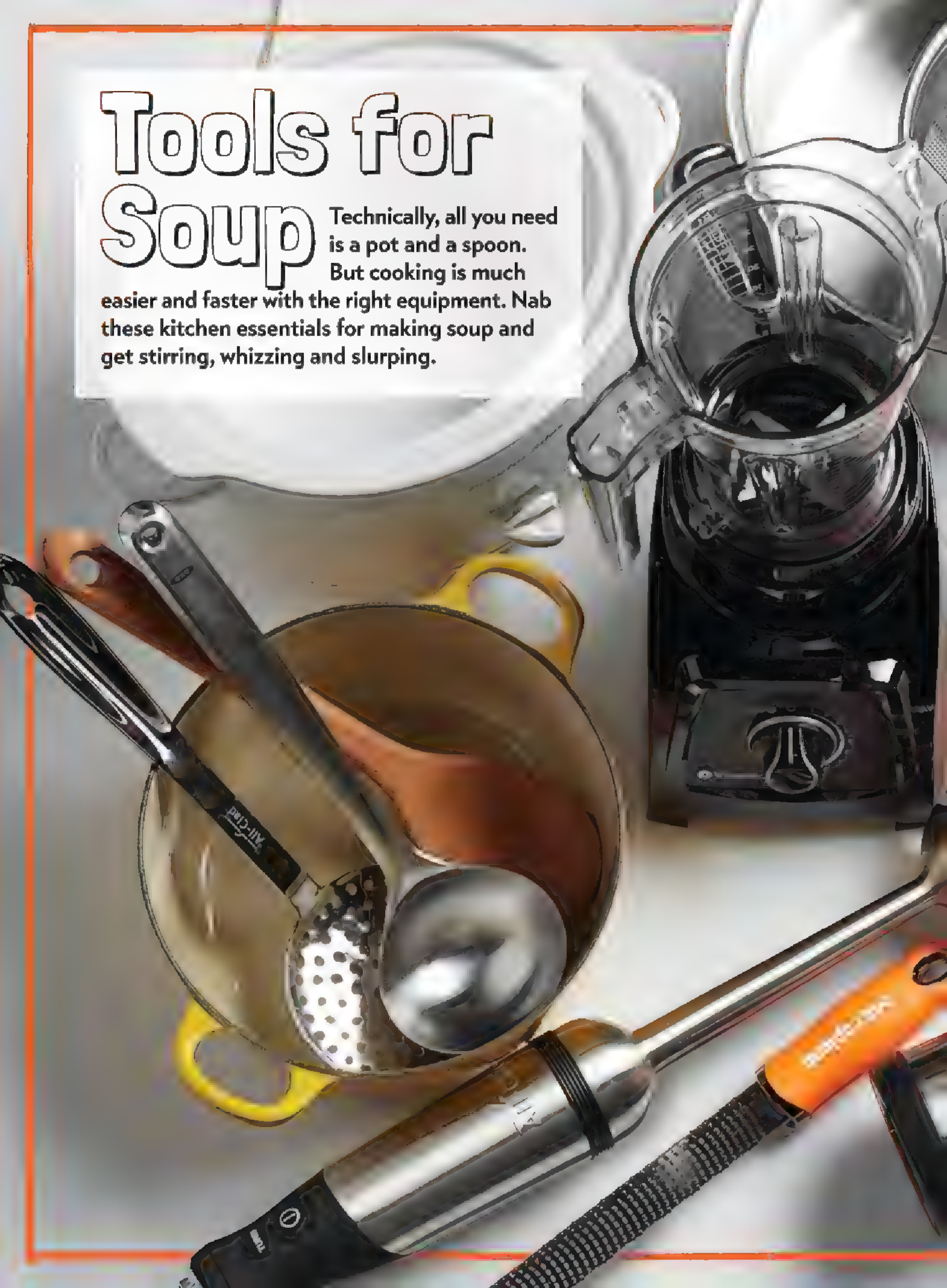
We love using store-bought chicken broth for its convenience, but making your own is easier than you think and the full flavor is worth the effort. In this recipe, we use economical chicken leg quarters and simmer the stock long enough to develop an ultra-rich taste. Plus, there's no added sodium in the recipe—just salt to your personal preference. If you have two stockpots or other large pots, consider making two batches and freezing one—you'll be happy you did.

- **4 pounds chicken leg quarters, cut in half**
- **1 small carrot, cut into 2-inch pieces**
- **1 small stalk celery, cut into 2-inch pieces**
- **1 small onion, peeled and cut into eighths**
- **6 sprigs fresh parsley**
- **2 sprigs fresh thyme**
- **1 bay leaf**
- **1 clove garlic, crushed and peeled**
- **20 whole peppercorns**
- **20 cups water**

1. Place chicken, carrot, celery, onion, parsley, thyme, bay leaf, garlic and peppercorns in a stockpot or large pot (10-quart capacity). Add water. Bring to a boil over high heat, then reduce heat to maintain a simmer. Skim any foam and fat that rises to the surface. Simmer for 4 hours.
2. Place a colander over a large bowl and strain the stock, pressing on the solids to release as much liquid as possible.
3. If not using immediately, cool the stock quickly by placing the bowl into a larger bowl of ice water. Once at room temperature, remove from the ice water, cover loosely and refrigerate overnight.
4. Use a spoon to remove the congealed fat from the surface of the chilled stock, then store in an airtight container (or containers).
MAKES: 8 CUPS
Analysis note: After straining and skimming, stock has negligible calories and nutrients.

Tools for Soup

Technically, all you need is a pot and a spoon. But cooking is much easier and faster with the right equipment. Nab these kitchen essentials for making soup and get stirring, whizzing and slurping.



Upgrade your SOUP-MAKING game with these 12 tools

STOCKPOT Typically much taller than a large pot, stockpots can hold up to a whopping 20 quarts. The tall sides prevent too much liquid from evaporating during the long cooking times needed to make a rich-tasting broth. They're also great for making extra-large batches of soup.

CHINOIS OR CHINA CAP STRAINER Serious soup makers need serious sieves. These large conical strainers are made of a very fine mesh or perforated metal. Deeper than your typical colander, you can really load them up to strain broths or make soups smooth.

STORAGE CONTAINERS Soup recipes are great for doubling and some even taste better as leftovers. For storing and transporting soup, we like glass containers with lids that snap to form a tight seal. Glass containers allow you to see what's inside, can go in the microwave and last longer than plastic. Look for containers with BPA-free lids.

HIGH-POWERED BLENDER While any blender will work, high-powered blenders, such as a Vitamix or Oster Versa, create the smoothest soups. The stronger motors pulverize ingredients quicker and whip air into the mixture, creating a light and fluffy texture. Plus, new models often have an oversized pitcher, so you don't have to puree in batches.

LONG-HANDLED WOODEN SPOON Unlike metal, this tool stays cool as you stir your soup and won't scratch your pot, especially if you have any bits stuck to the bottom you need to scrape up.

LADLE With a deep, rounded bottom, large soup ladles mean fewer trips from pot to bowl. If you're watching your portion size, purchase one that has cup measures inside the ladle so you know how much you're eating. If your ladle isn't labeled, transfer a full scoop into a measuring cup so you know how much it holds.

IMMERSION BLENDER This tool lets you puree directly in the pot so you don't risk a mess when transferring piping hot soup to a blender. Plus, most immersion blender blades snap off and go straight into the dishwasher, making cleanup a breeze.

MICROPLANE These sharp, thin graters are perfect for adding a super-fine finishing touch of hard cheese or citrus zest to soup. Use for grating garlic, ginger and whole nutmeg as well.

SLOW COOKER It's hard to beat the convenience of a slow cooker. Beans, lentils, tough cuts of meat and root vegetables all turn to tender morsels, no stirring required. Be sure to purchase one that automatically switches to "warm" when it's finished.

LARGE POT A large pot (sometimes called a Dutch oven) with a wide, heavy bottom is the workhorse when it comes to making soup. Pick a heavy pot that holds at least 4 quarts and is made of stainless steel or enameled cast iron, such as a Le Creuset, to make sure your soup cooks evenly and doesn't burn on the bottom.

SOUP SKIMMER This flat, circular strainer is particularly important when making stock to skim froth and any unwanted bits off the surface.

THERMOS A good thermos can keep your portable portion of soup hot (or cold) all day long. Look for a double-walled, vacuum-insulated, wide-mouthed jar that can hold at least 16 ounces. The gap between the inner and outer layers of the thermos creates a vacuum that prevents hot—or cold—air from escaping. This simple science means your soup will be almost the same temperature when you open your thermos hours after filling it. The wide mouth makes it easy to get a soup spoon in.

RECIPE INDEX

		45 MIN OR LESS	BUDGET	CALORIES	FAT/SAT (g)	CARBS	FIBER (g)	SODIUM (mg)	LOW-CAL	HEART-HEALTHY	VEGETARIAN	VEGAN	GLUTEN-FREE	DAILY VALUE (20%+) CALCIUM (%)	FOLATE (%)	IRON (%)	VITAMIN A (%)	VITAMIN B_{12} (%)	VITAMIN C (%)
STARTER SOUPS																			
66	Broccoli Soup		■	69	4/1	7	3	458	■	■			■		21		23		80
66	Carrot Soup		■	76	3/1	10	3	484	■	■			■				269		
66	Pea Soup		■	132	4 1	18	6	433	■	■			■		20				76
66	Potato Soup		■	108	3/1	17	3	444	■	■			■						
6	Spicy Butternut Squash Soup		■	76	1/0	15	4	364	■	■	■		■				202		23
VEGETARIAN SOUPS																			
53	Baked Vegetable Soup		■	207	10 2	26	7	314	■	■	■		■		37		26		45
70	Garden Fresh Asparagus Soup		■	181	12/5	15	2	251	■		■		■						23
11	Green Curry Soup		■	117	7 1	13	4	408	■		■	■	■		20		60		35
88	Miso Vegetable Soup	■	■	208	4 1	26	4	774	■		■	■	■				73		35
34	Quinoa Mushroom Soup			227	8 1	30	6	572	■		■	■	■		20	20	76		32
44	Ravioli & Vegetable Soup	■	■	261	8/3	33	7	354	■		■	■				28	46		40
28	Ribollita Soup		■	195	6 1	33	10	530	■		■	■	■				107		82
24	Shiitake & Noodle Hot & Sour Soup			226	6 1	32	4	691	■		■	■		24			54		28
90	Simple Vegetable Broth		■	0	0 0	0	0	397			■	■	■						
23	Slow-Cooker Moroccan Lentil Soup		■	53	2 0	28	10	200	■	■	■	■	■		47	21	100		48
88	Southwestern Three Bean & Barley Soup		■	205	3 1	36	11	455	■		■	■			28		49		
12	Spiced Cauliflower Soup		■	150	7 1	18	5	481	■		■		■		21				84
72	Sweet Potato & Black Bean Chili	■	■	323	8 1	55	16	573	■	■	■	■	■		29	30	248		40
47	Sweet Potato-Peanut Bisque	■	■	286	16 3	29	6	314	■		■	■	■				289		101
30	Tofu & Vegetable Stew	■	■	239	11 2	20	4	731	■		■		■						26
28	Vegetarian Tortilla Soup		■	209	13 2	18	5	350	■	■	■	■	■				44		28
35	Veggistrone		■	161	5 1	25	8	591	■		■		■		24		121		84
36	Very Green Lentil Soup		■	181	4 1	29	9	535	■	■	■		■		51	30	100		47
86	White Bean Soup		■	256	5 1	42	16	321	■	■	■	■	■		52	23	69		
9	Winter Vegetable Da		■	330	10 7	48	14	617	■		■	■	■		71	33	111		50
CHICKEN & TURKEY SOUPS																			
80	Broccoli-Cheddar Chicken Chowder	■	■	368	8 6	25	3	347	■					22			28		64
8	Chicken & Spinach Soup with Fresh Pesto	■	■	226	9 2	18	6	211	■	■			■				77		49
45	Chicken & White Bean Soup	■		248	6 1	15	4	244	■	■			■						
40	Chipotle Chicken & Vegetable Soup		■	310	9 2	35	4	498	■	■			■						29
39	Classic Chicken Soup		■	291	8 2	28	4	365	■						23		120		21
82	Cream of Mushroom & Barley Soup			368	12 5	44	8	437	■							23			
80	Cream of Turkey & Wild Rice Soup	■	■	378	11/4	29	3	364	■	■							90		
21	Ethiopian Spiced Chicken Stew		■	430	14/4	35	7	666	■				■		26	27			30
30	Italian Egg-Drop Soup	■	■	226	7 2	29	4	271	■	■									
74	Italian Wedding Soup		■	284	11/4	23	6	523	■	■				21	35		83		22
41	Japanese Chicken Noodle Soup		■	242	8/2	20	3	486	■								66		21
32	Leek, Potato & Spinach Stew	■	■	241	5/1	32	7	775	■				■		43	22	88		61
41	Moroccan Chicken & Sweet Potato Soup		■	268	8/2	26	5	585	■	■			■				170		89
41	Pesto Chicken & Cannellini Bean Soup			264	11/2	18	5	656	■				■				23		54
87	Quick Tomato Soup	■	■	158	9/3	17	5	715	■				■				27		68
91	Rich Homemade Chicken Stock		■	0	0 0	0	0	18					■						
6	Sausage, Cabbage & Root Vegetable Soup		■	315	11/3	31	6	664	■				■				59		90
50	Singapore-Style Chicken & Noodle Soup (Laksa)			408	17 5	41	4	714	■							21			23
19	Slow Cooker Chicken Pho			352	6/2	39	3	594	■	■			■		20	30	90		49
19	Slow-Cooker Spanish Chickpea Soup (Cocido de Garbonzos)		■	472	15 4	50	13	735	■				■			34	72		58
74	Southwestern Vegetable & Chicken Soup		■	84	5, 1	24	6	601	■				■				55		21
54	White Turkey Chili			350	14 3	38	10	596	■	■					37	27			48
FISH & SEAFOOD SOUPS																			
83	Clam Chowder	■		237	9 2	27	2	359	■	■								136	
81	Potato-Leek Bisque		■	282	6 1	49	3	507	■								29		30
45	Salmon Chowder	■	■	178	6 1	17	2	237	■	■			■				28	43	49
50	Seafood Gumbo			243	10 1	18	5	593	■	■							25		104
54	Shrimp & Chinese Chive Wonton Soup		■	202	7 1	24	1	485	■								38		46

		45 MIN OR LESS	BUDGET	CALORIES	FAT/SAT (g)	CARBS	FIBER (g)	SODIUM (mg)	LOW-CAL	HEART-HEALTHY	VEGETARIAN	VEGAN	GLUTEN-FREE	DAILY VALUE (20%+) CALCIUM (%)	FOLATE (%)	IRON (%)	VITAMIN A (%)	VITAMIN B_{12} (%)	VITAMIN C (%)
BEEF & PORK SOUPS																			
20	Chinese Pork & Vegetable Hot Pot		■	321	17/6	14	2	671	■				■				139		24
13	Chipotle Albondigas Soup		■	371	18/7	24	4	425	■				■			28	189	38	48
32	Mushroom-Beef Noodle Soup			200	4/1	21	4	535	■								83		
71	Quick Beef & Barley Soup	■	■	273	9/2	29	5	332	■	■							65		
53	Quick Pepperpot Soup	■	■	242	10/5	20	4	680	■				■				92		39
22	Swedish Yellow Split Pea Soup with Ham		■	338	3/1	53	20	691	■				■		56	23	57		
46	Sweet & Sour Beef-Cabbage Soup	■	■	240	9/3	21	5	717	■				■				26		62
BREADS																			
14	Arugula-Pecorino Cheese Toast	■	■	82	4/3	7	0	438	■										
77	Asiago & Oregano Breadsticks	■	■	77	3/0	11	1	87	■	■	■								
76	Chives & Garlic Breadsticks	■	■	74	3/0	11	1	75	■	■	■	■							
15	Fig & Blue Cheese Toast	■	■	117	6/3	11	1	212	■		■								
15	Lemon Ricotta Cheese Toast	■	■	62	2/1	8	0	235	■	■	■								
76	Manchego & Chili Powder Breadsticks	■	■	78	3/0	11	1	97	■	■	■								
77	Parmesan & Basil Breadsticks	■	■	76	3/0	11	1	91	■	■	■								
76	Pecorino & Italian Seasoning Breadsticks	■	■	76	3/0	11	1	91	■	■	■								
77	Poppy Seed & Onion Breadsticks	■	■	80	3/0	12	1	75	■	■	■	■							
76	Rosemary & Garlic Breadsticks	■	■	77	3/0	12	1	76	■	■	■	■							
15	Rosemary-Goat Cheese Toast	■	■	79	2/2	12	0	116	■	■	■								
77	Sesame Seed & Fennel Seed Breadsticks	■	■	81	3/0	12	1	75	■	■	■	■							
15	Smoked Salmon Cheese Toast	■	■	82	4/2	7	0	210	■	■									
14	Tomato-Cheddar Cheese Toast	■	■	80	4/2	8	1	137	■	■	■								
SALADS																			
60	Apple & Fennel Salad with Blue Cheese	■	■	180	14/3	11	3	248	■		■		■				55		
64	Bitter Greens Salad with Aged Balsamic, Pine Nuts & Currants	■	■	207	16/2	14	4	181		■	■		■		27		29		
64	Blue Cheese & Spinach Salad	■	■	150	8/3	12	2	257	■				■		20		56		26
60	Massaged Kale Salad	■	■	183	15/3	9	3	335	■		■		■		27		152		159
60	Radish, Watercress & Arugula Salad with Feta Vinaigrette	■	■	191	17/3	6	2	312	■		■		■				25		37
63	Simple Green Salad with Citronette	■	■	43	3/0	3	1	81	■	■	■	■	■				63		26
63	Spinach Salad with Ginger Japanese Dressing	■	■	135	11/2	9	3	387	■		■	■	■		39		212		100

KEY TO RECIPE INDEX COLUMNS

More information at eatingwell.com/go/guidelines

45 MIN OR LESS: A recipe's start-to-finish time.

BUDGET: Entrees that cost less than $3 per serving; sides and desserts that cost less than $1.50 per serving.

LOW-CAL: Entrees have ≤375 calories per serving; combination meals (protein plus starch or vegetable) have ≤575 calories; Desserts have ≤225 calories per serving; side dishes, muffins and breads have ≤200 calories per serving; dips and salsas have ≤100 calories per serving.

HEART-HEALTHY: Recipes have limited saturated fat. Entrees have ≤2-3 g saturated fat per serving (seafood entrees have ≤4 g); combination meals (protein plus starch or vegetable) have ≤4-5 g (seafood ≤6 g); Side dishes, muffins, breads and desserts have ≤2 g saturated fat per serving; dips and salsas have ≤1 g.

VEGETARIAN: Meatless or includes meatless options.

VEGAN: No animal products. Check the labels of ingredients, such as chocolate, to make sure they don't contain hidden sources of animal products.

GLUTEN-FREE: Does not include wheat, rye, barley or oats. Check the labels of ingredients, such as broths and condiments, to make sure they don't contain hidden sources of gluten.

% DAILY VALUE: When a recipe provides 20% or more of the Daily Value (dv) of a nutrient, it is listed. These values are FDA benchmarks for adults eating 2,000 calories a day.

EatingWell

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Soup Savvy

Whether you're a confident cook who's ready to riff on ribollita (*page 28*) or a kitchen newbie, a little expert advice is always helpful. Here are 10 need-to-know tips and techniques from our soup gurus. Read 'em and cook.

SIMMER INSTEAD OF BOIL

Low and slow cooking—a gentle simmer instead of a rapid boil—is a golden rule for making soup. Boiling causes your veggies to break apart and can turn your meat into tough, hard-to-chew pieces.

ENRICH STORE-BOUGHT BROTH

Give store-bought broth more savory flavor by simmering it with extra meat (such as for chicken soup, page 38), bones or aromatics, such as herbs, spices or fresh ginger or garlic, for at least 20 minutes. Strain the broth then use it for your soup.

EMPLOY THE WHOLE VEGETABLE

Stems and tops from veggies like broccoli, chard and leeks become tender when cooked and you'll get all those extra nutrients and fiber while reducing food waste. See this tip in action in the Green Curry Soup on page 11.

THICKEN WITH STALE BREAD, BEANS OR MASHED POTATOES

When stirred into soup, stale bread, mashed beans and mashed potatoes cook down to create a creamy, rich texture, all without adding cream. It's also a great way to use up leftovers.

RINSE CANNED BEANS

Here's an instant way to make canned beans healthier before adding them to your soup: rinse them. Giving your beans a cold shower reduces the sodium by a third.

STIR IN A PARMESAN RIND

When you're no longer able to grate cheese off a hunk of Parmesan, hang onto the rind to pop it into your next pot of soup. You'll get another layer of nutty flavor that takes your soup from *meh* to *magnifico*.

USE THE SOAKING LIQUID

Dried chiles and mushrooms have concentrated flavor that ends up in the rehydrating liquid. Strain this flavorful soaking liquid through a fine-mesh sieve or cheesecloth and use it in soup for an extra hit of flavor.

COOK PASTA & GRAINS PERFECTLY

Even after the stove is off, heat from the soup continues to soften your ingredients. Keep your pasta and grains from turning to mush by cooking them in your soup for a touch less than the package directions. Or cook them separately and stir into the soup just before serving for the perfect texture.

ADD SOFT HERBS AT THE END

Fresh soft herbs, such as basil, parsley and cilantro, lose their flavor when cooked too long. To preserve their essence, add them just before serving. Hardier herbs, like sage and rosemary, can cook longer and be added earlier.

TASTE & ADJUST

If your soup needs a flavor bump, first try adding an acid, such as a squeeze of lemon juice or a dash of vinegar. Acidity brightens flavors. Still not perfect? Try adding salt—a tiny bit at a time, which will also enhance the way things taste. Miso, soy sauce, fish sauce, anchovy paste or Worcestershire also get the job done while adding a hit of umami.

Slow-Cooker Moroccan Lentil Soup (page 23)

The Ultimate Comfort Food

On busy weeknights, for special occasions and anytime, soups are delicious meals that any home cook can rely on. Packed with healthy ingredients, these easy recipes include heart-healthy and low-calorie options that are both tasty and satisfying.

Shrimp + Chinese Chive Wonton Soup (page 54)

Clam Chowder (page 83)